Toronto metro

Your essential daily news | WEEKEND, JULY 17-19, 2015

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12 HOURS OF PURE PAN AM-MANIA

Our reporters on assignment to have fun metroNEWS

Toronto metro

Your essenti… news | WE… JULY 17-19, 2015 High 23°C/Low 21°C Thunderstorms

ANT-MAN IS HERE

metroLIFE

THE POWER OF FLOWERS

Second Street Junior Middle School students work on a sign thanking the local community for donating to their garden after it was destroyed by a vandal. Coverage in metroNEWS. LIZ BEDDALL/METRO

Wanted: Nurses, must be white

DISCRIMINATION

Burlington home-care provider in hot water over ad

Are you a registered or practical nurse? Do you like working with seniors? Are you white?

A race-specific call for job applications, looking for "a Caucasian RN or RPN" appeared this week on Craigslist and Kijiji, posted by a Burlington home-care provider, Retire-At-Home.

In a written statement, Retire-At-Home's CEO Rick Norland explained that the job ad was "unfortunately written in a fashion that sounds discriminatory."

"It was an unfortunate mistake on the part of one individual and it was removed immediately when we became aware of it," he wrote.

Although the ad is no longer visible on the job boards, cached versions of it can still be found online. "We have taken immediate action to ensure this does not happen again," Norland wrote.

Many seniors' services actively seek to accommodate elderly people with nurses who speak a certain language, and the Human Rights Code makes provisions for that kind of discrimination, said Lisa Stam, a Toronto employment and human rights lawyer.

Race, however, falls outside that scope.

"Exceptions are very narrow and they are carved out very specifically. A nursing (company) would not fall into that category unless it was specialized and served a narrow client base," Stam said.

Most job advertisements carry proactive equal opportunity disclaimers encouraging people of all backgrounds, abilities and religions to apply and include an extensive list of factors that won't be used to discriminate: Race, creed, colour, religion, gender, sex, marital status, sexual orientation, national origin, age, physical or mental disability, genetic predisposition or carrier status, military or veteran status.

"This is a throwback," said Toronto employment lawyer Howard Levitt. "These days, no one has discriminatory ads except this nursing (service). I haven't seen this in years.... It's shocking companies are still doing that."

Levitt pointed out that not only would Retire-At-Home be vulnerable to a human rights complaint, but Kijiji and Craigslist could also be held responsible as publishers.

TORSTAR NEWS SERVICE

YOUR metro DAILY PAN AM MEDAL COUNTER

MEDALS WON BY CANADA 38 36 23

CANADA'S TOTAL IS 97 MEDALS
U.S.A. IS SECOND WITH 96 (34 GOLD)

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2015 SPARK

E.g.: $3,019
CASH CREDIT ON SPARK LS AIR & AUTO
$15,095 MSRP

2015 TRAX

E.g.: $5,242
CASH CREDIT ON TRAX LT AWD
$26,210 MSRP

2015 CRUZE

E.g.: $4,298
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$21,490 MSRP

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$31,870 MSRP

2015 MALIBU

E.g.: $5,721
CASH CREDIT ON MALIBU LT + POWER CONVENIENCE PACKAGE
$28,605 MSRP

2015 SILVERADO 1500

E.g.: $10,518
CASH CREDIT ON SILVERADO CREW CAB LTZ Z71
$52,590 MSRP

2015 TRAVERSE

E.g.: $8,372
CASH CREDIT ON TRAVERSE LT AWD
$41,860 MSRP

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metro NEWS

Your essential daily news

Many Canadians take work on vacation. **Business**

Flip out and go mad when modern life gets too much

WORKSHOP

New studios let you break through fear and stress

Chris Bateman
For Metro | Toronto

"I'm mad as hell and I'm not going to take this anymore."

Well, at least that's what I tried to tell myself en route to Rob Corbett's east-end studio.

He's the man behind Luddite Screen Smash, a full-day motivational workshop that culminates in participants ramming a sledgehammer into a computer.

The first event is this Sunday, but I'm getting a sneak peek at the destruction part. Corbett has a theatre background. These days, he's a motivational speaker. When we meet, he's wearing a neat pinstripe suit beneath khaki overalls.

"I want people to stop overthinking stuff," he said. "It's about busting through fear, it's about breaking the rules."

Despite the name, Corbett isn't against technology, he just feels out of touch. "I'm 50. My kids are helping me work the television the way I helped my dad program the VCR."

Holding the sledgehammer, dressed in a goofy oversized boiler suit and mask, I don't feel angry. I feel weird. When I get the go-ahead and the metal hammer crashes through the computer screen, something clicks. It feels good. Seconds later I'm swinging again, and again, and again, safe in the knowledge it's all staged and the wreckage will be properly recycled. Nearby, another comical stress-busting activity is on offer: table flipping.

Matti McLean and Mo Raizi, co-owners of Ye Olde Dandy's Table Flippery, let their guests turn over a table covered in plastic cups or breakable objects, on request.

"There's something almost primal about it," said McLean. "Having a space where you're allowed not only to explore your brain but also have a feat of strength — a lot of people really enjoy it."

They will close their East Chinatown space in August and take the show on the road with a new mental health awareness component, Raizi said.

When all the smashing and flipping was done, I did feel a weight lifted from my shoulders.

But then I thought about cleaning up.

Chris Bateman feels 'weird' as he does some damage with a sledgehammer at Screen Smash. LIZ BEDDALL/METRO

Weight is lifted from Chris Bateman's shoulders as he lifts and flips a table at Ye Olde Dandy's Table Flippery. LIZ BEDDALL/METRO

HOW TO...

GET YOUR METRO

Metro's making it easier for people across the GTA to get their essential daily news.

More than 500 new boxes will be added to Toronto streets and across the 905 in the next month.

The paper will no longer be available inside the subway, but boxes will be added outside stations across the region.

Plus, you'll be able to pick up a copy at new retail locations, including grocery stores, coffee shops and restaurants.

In fact, there are way too many new spots for us to list here.

Check our searchable map at metronews.ca/boxes.

IN BRIEF

Ducks dead after oil spill in Toronto creek

A few ducks have died after being covered in oil from a spill that seeped into a Toronto creek, while about a dozen clean ducks have been released back into the wild. Thousands of litres of transformer oil leaked into Mimico Creek after a transport truck rolled over on a highway Monday. Toronto Wildlife Centre spokeswoman Julia Pietrus said the charity needs more towels, paper towels and donations to help fund the large-scale rescue. THE CANADIAN PRESS

Jessica and Vawn's Pan Am adventure

Toronto's been a little 'meh' about the Pan Am Games, eh? Our city is, allegedly, so indifferent to the Games the New York Times is on it, writing all about why Torontonians just don't care about Pan Am. But is that true? Metro sent reporters **Jessica Smith Cross** and **Vawn Himmelsbach** out for a full day of Pan Am fun to find out. Would we find apathy or enthusiasm? Would it change the way we feel about the Games?

START HERE

Took my bike on the Pan Am Trail on a rather circuitous route and got a bit lost — so while I didn't have time to fully explore the site, I love the path along lakeshore.

The Aboriginal Pavilion was still being set up when I arrived, but I was fascinated by the art exhibit that explores transportation for First Nations people in a post-colonial world.

10:00 AM
Fort York

I learned that wetsuits can be made with shark-deterrent technologies — where can I get one of those?

This exhibit of athletic wear design made me realize I really don't care about athletic wear design.

11:00 AM
Design Exchange: Smarter. Faster. Tougher exhibit

With the Athletes Village nearby, the Distillery is the place to meet someone from every participating country. I met Pablo, a keyboardist from Colombia.

10:45 AM
Bike to Distillery Historic District's Panamania Hub

The celebration zone had beer, a farmer's market, a DJ spinning Daft Punk, and people chilling by the lake.

1:45 PM
Wishing wall at Ontario's Celebration Zone

It's tough and a miracle I hung on long enough to take a selfie from halfway up.

After watching two small children climb effortlessly to the top of wall, I felt compelled to do the same (it's harder than it looks!). It's pretty cool to get to the top and have a view of the CN Tower. And it's totally free!

1:15 PM
Rock climbing at Ontario's Celebration Zone

Ran into an athlete — Jen Yee from the Canadian women's softball team — at Balzac's while fuelling up with coffee.

2:30 PM
Beach volleyball

Torontonians may be getting slack for being apathetic about the games, but not this audience. The guy behind me was even cheering on the people who raked the sand between sets.

4:00 PM
Panamania at CIBC Pan Am Park

Who doesn't love weird French clowns? The Bacon Nation food truck was also an excellent addition.

I really loved watching the acrobats, francophone clowns and other assorted Panamania weirdness on the stages here. It's hard not to be in Pan Am spirit here.

8:00 PM
It Comes in Waves

It Comes in Waves is theatre like you've never seen it before. You begin by canoeing through the Toronto Islands and end up at a party complete with a naked man. There's music, stunning modern dance and an interactive show with a powerful emotional climax. It's incredible.

8:00 PM
Panamania Live @ Nathan Phillips Square

I'll admit, I don't love crowds, but I got completely swept up in the celebratory vibe at Nathan Phillips Square. The place was packed for Kassav' and Marianas Trench — though for me the real treat was a ballet performance in the fountains. It blew me away.

9:45 PM
Marianas Trench

WHAT WE LEARNED

Vawn: I don't think a lot of people realize how much is going on with Pan Am — there are more than 250 performances and exhibitions taking place in conjunction with the games and most of them are free. After 12 hours of Panamanium, I was exhausted, but you can bet I'll be back out there this weekend!

Jess: We biked the Pan Am Trail between events all day and saw happy people running, biking and strolling in the sun, everything looking like an optimistic architect's Utopic concept drawing. There were fun and fascinating things to do everywhere we went. I fell a little bit more in love with Toronto.

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2011 Rav4 AWD

Bi-Weekly 72 months **$155** | All in Price* **$18,388**

2009 Corolla CE

Bi-Weekly 60 months **$128** | All in Price* **$12,995**

2011 Camry XLE

Bi-Weekly 72 months **$159** | All in Price* **$18,888**

2012 4Runner SR5

Bi-Weekly 84 months **$251** | All in Price* **$33,995**

Venza V6 AWD Premium Pkg

Bi-Weekly 72 months **$194** | All in Price* **$22,995**

5 to choose from '10 - '12

2012 Venza V8 AWD Touring

Bi-Weekly 72 months **$219** | All in Price* **$25,888**

2 to choose from

2012 Prius C Technology Pkg

Bi-Weekly 84 months **$140** | All in Price* **$18,888**

2011 Yaris Hatchback LE

Bi-Weekly 72 months **$109** | All in Price* **$12,995**

2012 Sienna LE

Bi-Weekly 84 months **$229** | All in Price* **$30,995**

*1.9% available on TC/LV Corolla and Matrix, 24 month term, OAC. All bi-weekly payments are at 4.99% interest and are all OAC. All in price is plus HST only. 1Down payment, terms and interest rates will vary. OAC. Vehicles may not be exactly as shown. All vehicles were available at time of print. Prices and payments are plus tax. All dealer rebates, discounts, factory incentives, prices, and interest rates are subject to change or end without notice as new retail incentive programs are announced. Offers expire July 31st 2015. Cost of credit example: $20,000 x 72 months @4.99% = $365/month, cost of borrowing $3680.

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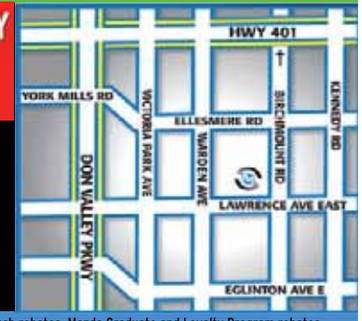


†0% APR Purchase Financing is available on select new 2015 Mazda models. §Cash rebates, Mazda Graduate and Loyalty Program rebates vary by term and model. See dealer for details. Offer available on retail leases of new 2015 Mazda 3 GX (D4XK65AA00) with a lease APR of 1.49% and 104 bi-weekly payments of $79 for 48 months, the total lease obligation is $8,917, including down payment (or equivalent trade-in) of $649. Offer excludes HST. Offers include freight and P.D.E of $1,695, $5 OMVIC fee (all models), $23.75 Tire Stewardship fee (all models), and $100 Air Conditioning charge (where applicable). 20,000 km per year mileage allowance applies; if exceeded, additional 8¢ per km applies (12¢ per km for CX-9 models). Offers valid from July 1 - 31, 2015,while supplies last. Offers subject to change without notice.

Members of Black Lives Matter stage a protest during the Toronto Police Services Board's monthly meeting at police headquarters. VINCE TALOTTA/TORSTAR NEWS SERVICE

Protesters call for answers, apology

ANDREW LOKU

Black Lives Matter group reacts to police shooting death

Alok Mukherjee's final meeting as chair of the Toronto Police Services Board began in dramatic fashion Thursday as protesters crashed the proceedings to demand answers about the police killing of Andrew Loku.

"We are asking you to take action, or we will," one protester shouted as the monthly board meeting got underway at police headquarters.

About a dozen demonstrators joined together to read off a list of demands that included a public apology from Mayor John Tory and Chief Mark Saunders.

"I think it's a profound tragedy when anybody with mental illness or anybody loses their life in the city," Tory, who sits on the civilian oversight board, said addressing the group.

But, because of the Special Investigations Unit probe underway, "it would be entirely inappropriate … for us to comment," he said, referring also to Saunders, who was seated nearby.

Loku, 45, was fatally shot on July 5 during a confrontation with officers at an apartment building in northwest Toronto subsidized by the Canadian Mental Health Association. Witnesses said he was wielding a hammer at the time.

The protest was organized by members of Black Lives Matter, who wanted the board to say when the 84 recommendations contained in Justice Frank Iacobucci's report will be implemented.

His report followed the 2013 shooting of Sammy Yatim, an 18-year-old who died on a Toronto streetcar after being shot eight times. Toronto police officer James Forcillo faces attempted murder and second-degree murder charges.

Iacobucci's report, released a year ago, includes recommendations on how to deal with "people in crisis," and suggests the use-of-force model be revised to ensure lethal force is used only as a last resort.

"The Iacobucci recommendations have been approved, and they're in the process of being implemented fully. Any death, and the death of Andrew Loku, is a matter of profound sadness and sorrow for all us," Mukherjee said.

"None of us want one more life to be lost because we didn't do all that we should have done or could do," said Mukherjee, who steps down Aug. 1.

After the meeting, Saunders acknowledged that, "of course we've got issues and we've been working on relationships." He said there are committees working to come up with solutions, not "just identify problems."

TORSTAR NEWS SERVICE

> **None of us want one more life to be lost …**
> Alok Mukherjee

NORTH YORK

Pedestrian dies from injuries

An elderly female pedestrian struck by an SUV in North York Tuesday night has died in hospital, Toronto police said.

Police and paramedics were called to Buckingham Ave. at Dinnick Cres., near Yonge St. and Lawrence Ave. E., at 9:37 p.m. Tuesday night.

According to police, the 72-year-old woman was crossing the intersection from the south side of Buckingham Ave. to the north side when she was struck by a black westbound 2007 GMC Yukon.

The woman fell, hit her head on the ground and was taken to hospital with life-threatening injuries.

She succumbed to her injuries shortly after 6 p.m. Wednesday, police said.

The driver, a 48-year-old man, remained on scene.

No charges have been laid.

This the Toronto's 34th fatal collision of 2015.

TORSTAR NEWS SERVICE

Subway vote broke city hall protocol

TRANSIT

Move should not have been allowed under city procedure

The vote that reopened the debate over the Scarborough subway would not have happened if council procedure hadn't been broken, Torstar News Service has learned.

That vote in May 2013 set in motion council's switch from a fully funded LRT in Scarborough to a three stop subway — at an additional $2-billion cost. It was a successful attempt by both subway-friendly councillors and a senior member of Rob Ford's staff to revive the subway — one that, under city rules, should not have been allowed.

But the city clerk says there is nothing that can be done now.

That diversion ultimately left council continuing to debate the merits of a subway and which route it should take — a process that continues today, with years left before a tunnel is ever dug.

It began in May 2013 when Scarborough-area Councillor Glenn De Baeremaeker insisted that council back an extension of the Bloor-Danforth subway line from Kennedy station to the Scarborough Town Centre.

On the floor, Speaker Frances Nunziata, a councillor representing York South-Weston and staunch Ford supporter, cut De Baeremaeker off. His motion, she said, would reopen the decision council already made to build the LRT. An agreement with Metrolinx, the provincial transit arm, was already signed and work was underway.

De Baeremaeker said he would re-word his motion so it could be introduced. Nunziata suddenly changed course saying she would rule on the issue later.

In the interim, Ford's then chief of staff, Mark Towhey, told Torstar News Service that Nunziata asked him for help. "The speaker asked for assistance in writing up her ruling. I obliged and provided notes... She was free to use or not use all or part of them as she saw fit."

But city clerk Ulli Watkiss said the speaker is only permitted to give rulings she herself or the clerk has written. She added the city's procedural bylaws set out that the Speaker must give procedural reasons for her ruling. "The Towhey ruling was not a proper procedural ruling, but a policy ruling, and the Speaker needs to give procedural rulings," Watkiss wrote in an email.

By being allowed to support a subway, council effectively endorsed two different types of technology for the same project with only one source of funding.

TORSTAR NEWS SERVICE

Willard Amurao (left) and Annie Truong Le died at last year's VELD Festival. Toronto police said the deaths were considered accidental drug overdoses. TWITTER

FESTIVAL

Deaths prompt changes at VELD

Jessica Smith Cross
Metro | Toronto

When the VELD Music Festival returns to Downsview Park Aug. 1, it will mark one year since two people died and 13 were hospitalized because of drug use at the electronic music event.

With the anniversary of the deaths looming, festival organizers are taking steps to avoid a repeat of last year's tragedy.

According to INK Entertainment, which runs VELD, there will be public service announcements played at the festival between DJ sets and every festival-goer will get a health-and-safety package.

Medical triage centres will be located in highly visible areas and there will be two Toronto Police Service amnesty boxes where people can deposit drugs without legal consequences, INK said in a statement. Outreach workers and volunteers with the TRIP! Project, which provides safe drug and sex information to the Toronto party scene, will also be on hand.

"If they don't need medical attention, but being out in the field or by the stage is too much for them, they can come and chill out with our peers," said TRIP! co-ordinator Lori Kufner.

"We provide water and information about safer party strategies."

TRIP! supports the use of drug testing kits that allow people to know what's in the drugs they're considering taking, but won't be offering drug testing at the festival.

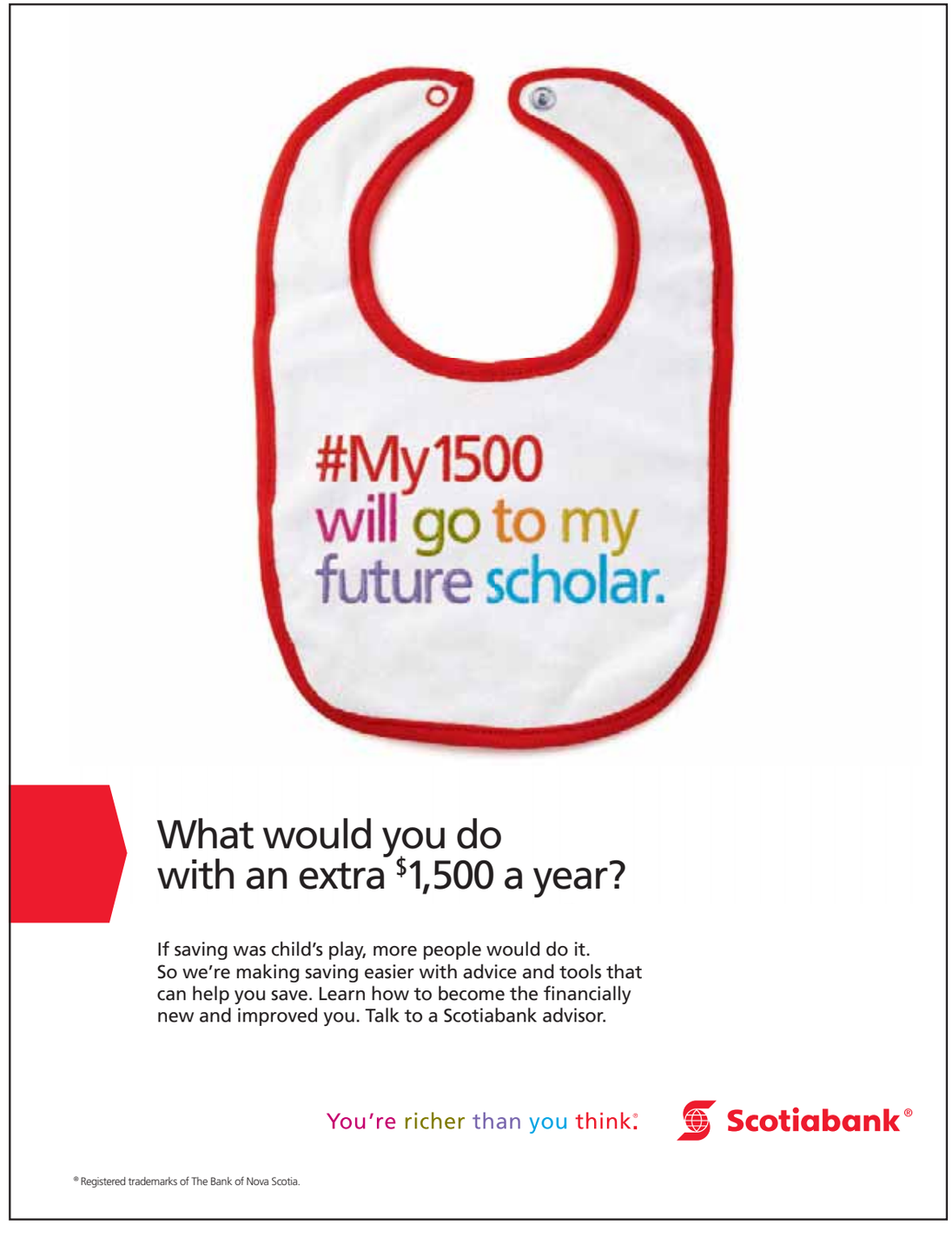
"The issue would be that if somebody tests something and they want to keep it, then we're knowingly letting them leave our booth with drugs," Kufner said. She added TRIP! worked with VELD's organizers on various safety strategies, including asking police officers to keep a distance from medical workers, to avoid deterring people from seeking medical help.

POLICE

According to police spokesman Const. Victor Kwong, the drug squad is still investigating the overdoses at last year's VELD.

Police initially launched a homicide investigation, but it has been closed. No arrests were made. "It was determined, as everyone expected, that they were accidental overdoses," said Kwong. "The investigation as a whole is not completed, the drug portion is still being investigated by the Toronto drug squad."

JESSICA SMITH CROSS/METRO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Flowers flourishing again

THEFT

Community pulls together after garden gets looted

Gilbert Ngabo
Metro | Toronto

A Toronto-area middle school is receiving some grassroots support after a green-thumbed crook vandalized its summer garden.

On the last day of class, a group of students at Second Street Junior Middle School in Etobicoke spent the day digging and planting a flower garden. A week later, the students discovered someone had looted the plot, taking most of the flowers with them.

"The students were really heartbroken," said Myles Munschew, a member of the school's parent-teacher council who also sits on its greening committee.

"They were crying and hugging each other. These were good flowers, and apparently everybody wanted them."

From left: Second Street Junior Middle School students Yaciara, Jessie, Melissa, Sabrina and Heather show their gratitude to the community for helping them restore their school garden.
LIZ BEDDALL/METRO

The theft came as a complete shock to Munschew. It's hard to imagine that anyone wouldn't have liked to see the flowers in that garden, he said, especially one belonging to kids.

"That's just crazy," he said. "Why would you steal flowers from a garden? Just go to a park and steal from there if you're going to steal flowers, you know."

But the response from the community has been overwhelming. Soon after the flowers went missing, the group put up a sign calling for the thief to bring the plants back. Instead, people just started bringing in all sorts of plants and flowers.

"The community went crazy," said Munschew. "We have more flowers than we started with now. We've been asking people to give us some dirt instead of flowers. It's been great."

> **The community went crazy. We have more flowers than we started with now.**
> Myles Munschew

In addition, someone started an indiegogo campaign to raise funds to replace the stolen plants, and it raised $500 in just 14 hours. The greening committee plans to use the funds to buy more equipment for students to use while gardening, Munschew said.

Munschew, whose two daughters attend the school, hopes the community support serves as a learning experience for the kids.

Now they can see that "some people aren't nice, but most people are actually very nice and helpful," he said.

RETAIL SECTOR

Union, grocer make deal

It's a major win for fair schedules and better salaries — one that reduced a group of retail workers to the brink of tears.

A new deal struck between the grocery chain Metro and the union representing 4,000 of its employees across the GTA sets a bold new precedent for retail workers struggling to cope with erratic schedules and poverty wages, advocates say.

"We knew we had to do something, that this was not the usual round of bargaining," said Jenny Ahn, of the private-sector union Unifor. "We actually put our neck out."

The deal between Unifor Local 414 and Metro, ratified late Thursday night, contains new provisions on predictable timetables and hours of work that are almost unheard of in the retail sector.

Part-time workers will be guaranteed a minimum of 15 hours of work a week after one year of service, moving up to 24 hours a week after eight years of service.

TORSTAR NEWS SERVICE

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Yeezus! Petition seeks to send West back south

CLOSING CEREMONY

Thousands don't want U.S. rapper to perform

More than 27,000 people have signed a petition protesting the choice to have Kanye West headline the closing ceremony of the Toronto Pan Am Games.

The petition, launched on Change.org Wednesday just hours after Pan Am officials confirmed the rapper would be performing, asks the Games' organizing committee to "please reconsider your decision."

It goes on to explain that as the Games have been "proven to be very important for Torontonians this year and have triggered a unified sense of pride in our city," a Torontonian, or at least a Canadian, should be the main attraction instead of the Atlanta-born, Chicago-raised West.

That 26,000 total was hit on Thursday night and continued to rise through the evening.

"I, myself, was disappointed to hear who would be headlining the closing ceremony only because I believe that someone from Toronto deserved the spot," Allen Simans said Wednesday.

"However, many people would disagree with me as they are fans of Kanye's, which is great as well. I think the zeitgeist of this moment in time is that Torontonians are extremely proud to host the Games and would prefer to see that reflected in one of the most important moments: the closing ceremony."

Organizing committee CEO Saad Rafi defended the choice, calling West and co-performer Pitbull, a Miami native, "international artists."

Kanye West performs during the World AIDS Day concert in New York in 2014. Not everyone is pleased by the announcement the American rap star will perform at the closing ceremony of the Pan Am Games. THE ASSOCIATED PRESS FILE

Canadian Serena Ryder will also be performing at the closing ceremony.

Coun. Norm Kelly also got in on the controversy Thursday, questioning another choice of performers.

"Just listened to Pitbull for the first time," Kelly tweeted. "Wonder if we're focusing our attention on the wrong guy."

TORSTAR NEWS SERVICE

CELEBRITY

Tory mocks himself

Mayor John Tory is poking fun at his unfamiliarity with rap superstar Kanye West in a video released on Twitter.

In the gag clip posted Thursday, titled "Yeezus, can't believe I didn't know @KimKardashian's husband wasn't Canadian!" Tory puts on earphones and nods to West's hit Stronger as he gets on a crowded subway car.

Tory sits down, flips through a newspaper and stops cold at a photo of West's curvy wife, TV star Kim Kardashian West, showing a lot of cleavage. The mayor then mocks amazement, ogling Kardashian.

The video references Tory's comments Wednesday after it was revealed that West will play the Pan Am Games closing ceremonies. Tory seemed to suggest then to reporters that West, an American, is a Canadian star.

Later, on NewsTalk 1010, Tory made light of his ignorance.

"All I can focus on with Kanye West is who he is married to," the mayor said. "That's all I know about him."

TORSTAR NEWS SERVICE

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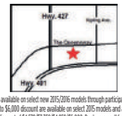

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City ready to sway to island rhythms

CULTURE

Festival brings Caribbean culture to Distillery

Gilbert Ngabo
Metro | Toronto

Toronto's Caribbean community is using the Pan Am Games as an opportunity to throw a good party and showcase its culture to locals and visitors alike.

The Caribbean Pavilion Festival kicks off Friday in the Distillery District, and will feature local and international musicians, storytellers, athletes and chefs from the Caribbean diaspora.

Throughout the week-long festivities, there will be special presentations by performers from Guyana, Barbados, Dominica, Trinidad and Tobago and Grenada.

"The people of the Caribbean are a very important part of Canada's cultural fabric," said Kal Juman, one of the festival's organizers. The event isn't just about hosting and welcoming athletes from the Caribbean, he said, but also about celebrating the makeup of communities in Ontario and Toronto.

"Even if you look at the Canadian teams competing at the Pan Am Games, a lot of them have a Caribbean heritage," he said, adding the festival will strive to give visitors from the islands a sense of "home feeling."

> **The Caribbean community is a big part of the Canadian mosaic.**
> Kal Juman

From reggae and calypso to soca and ska, the pavilion promises to reflect the Caribbean's musical diversity. Local and emerging talents will share the stage with big names such as Jay Douglas, The Arsenals and David Rudder.

"It is going to be one big party right through," said Juman.

The festival also features a kids' day on Sunday and an athletes' barbecue on Monday.

Calypso icon David Rudder will perform at the Caribbean Pavillion as part of the local Caribbean community's Pan Am Games celebrations. CONTRIBUTED

SOCIAL MEDIA

#TorontoSign gets laughs on Twitter

When Mayor John Tory got the hashtag #TorontoSign trending on Twitter earlier this week, his own jokes were the most popular.

Tory was active on Twitter Wednesday, asking the city for input on where the big TORONTO sign, currently at Nathan Phillips Square, should be moved to next.

According to Twitter, 1,200 people used the hashtag, sending 1,510 tweets.

The tweet with the most traction belonged to Tory. When he mocked Ottawa Senators by suggesting the Toronto sign would look good in front of their rink, the post got 131 retweets and 134 faves.

His initial tweet asking for location suggestions, and his joke about putting it on Pluto were the next most popular tweets.

"Mayor John Tory is finding new and innovative ways to spread the Toronto love and Pan Am spirit via Twitter," said Steve Ladurantaye, head of news and government for Twitter Canada. "Tory has helped turn the TORONTO sign into an international icon through his self-effacing humour and creative use of Twitter."

JESSICA SMITH CROSS/METRO

YOUR INPUT

Where do Toronto tweeters think the TORONTO sign should go after the Pan Am Games?

Toronto Mayor John Tory has asked residents to tweet their suggestions for where the big TORONTO sign in Nathan Phillips Square should head after the Pan Am Games.

So far, local tweets have responded with a long list of suggested locations, including the Aga Khan Museum, Pearson Airport, Centre Island, the Don Valley Parkway, Rogers Centre, the Toronto Islands, Woodbine Beach and Yonge-Dundas Square.

METRO

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10:30 a.m. – VEN vs CUB • PUR vs BRA
6 p.m. – CAN vs ARG • USA vs DOM
Ryerson Athletic Centre

MEN'S INDOOR VOLLEYBALL
1:30 p.m. – BRA vs COL • USA vs PUR
7 p.m. – CAN vs MEX • ARG vs CUB
Chevrolet Beach Volleyball Centre

MEN'S & WOMEN'S WRESTLING
2:30 p.m. – Preliminary Rounds
8 p.m. – Medal Rounds
Mississauga Sports Centre

RHYTHMIC GYMNASTICS
10 a.m. – Preliminary Rounds
Toronto Coliseum at CIBC Pan Am Park

CULTURE

COLIN JAMES
CIBC PAN AM PARK | 6:30 p.m.
FREE

ALEXANDER ABREU Y HAVANA D'PRIMERA
NATHAN PHILLIPS SQUARE | 7:30 p.m.
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The Speaker of the Senate says the upper chamber's ethics officer has been asked to look into Sen. Don Meredith, pictured, over the results of an investigation into how he treated his office staff. THE CANADIAN PRESS

Senator faces another review

GOVERNMENT

Ethics officer to check claims of workplace harassment

The Speaker of the Senate says the upper chamber's ethics officer has been asked to look into Sen. Don Meredith over the results of an investigation into how he treated his office staff.

Leo Housakos publicly confirmed in a short statement Thursday morning that Meredith has been told he will undergo an ethics probe.

Housakos says he and other top senators on the Senate's internal economy committee felt it was "imperative" the investigation results be referred to ethics officer Lyse Ricard.

Depending on the outcome of the latest ethics review, Meredith could face penalties ranging from a forced public apology on the floor of the Senate to suspension without pay.

Sources said Wednesday night that six former staffers who spoke with outside investigators made allegations of workplace harassment against Meredith, saying he was a bully, rude and unprofessional toward his staff.

There are also allegations of psychological harassment and sometimes making irrational demands of his staff.

The allegations in the investigation report remain unproven, and none of the staffers who took part, nor any whose stories are included in the report, wanted to file a formal complaint against Meredith, sources say.

The Senate first ordered the investigation into Meredith's office in February after top senators witnessed what they felt was a troubling turnover of staff in Meredith's office.

The former Conservative senator, who now sits as an independent, has not returned multiple requests for comment.

Meredith is already under investigation by the Senate's ethics officer after published allegations last month that he had a sexual relationship with a 16-year-old girl.

The woman told Torstar News Service that Meredith initially believed her to be 18, but she told him her true age within six weeks of the pair's first meeting at a Black History Month event at a church in Ottawa.

The Torstar report said the woman, who is now 18, had sexually explicit online chats with Meredith and that the relationship progressed to kissing and touching before she turned 18. THE CANADIAN PRESS

FACEBOOK

Tories like country music

You might say they're a little bit country, a little bit Christian.

That's the profile that emerges of Conservative party supporters based on the books, music, movies and television shows they "like" on their Facebook pages.

Facebook Canada has analyzed the cultural preferences of Canadians who indicate support for one of the federal political parties. And it's found that Conservatives are a relatively unique breed, having little in common with Liberals, New Democrats and Greens whose preferences often coincide.

'LIKES'

Favourite Tory movies: God's Not Dead, The Fast and the Furious, Son of God, Transformers and Heaven Is For Real.

The top five Conservative musical faves? Country singers Taylor Swift, Carrie Underwood, George Strait and Brad Paisley and Christian rock band Casting Crowns.

The Conservative predilection for Christian themes is reflected in their choice of movies, books and films as well, although they're not averse to a little comedy or action flicks.

New Democrats and Greens both like The Daily Show, This Hour Has 22 Minutes and Democracy Now!, and they both put The Lord of the Rings in their top five movie picks while the trilogy of the same name and The Hobbit made their top five books. THE CANADIAN PRESS

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Eateries stung by soaring food costs

FOOD AND DRINK

Restaurants contemplate raising prices to stay afloat

Canadians grown accustomed to paying more for groceries shouldn't expect to find cheaper prices in restaurants.

Quarterly figures from Restaurants Canada suggests that 65 per cent of the country's eateries report their food budgets are higher than they were at the same time last year. They say soaring prices for beef, pork and produce are eating into razor-thin profit margins. In order to keep up, 54 per cent of restaurants say they're expecting to raise their menu prices some time in the next six months.

That's up slightly from the previous quarter when 50 per cent of restaurants responding to the organization's outlook survey planned to raise their rates.

Spokeswoman Joyce Reynolds says restaurants don't make such decisions lightly, since price increases are an almost surefire way to keep business away.

"It's an extremely competitive industry, and they have very price-resistant customers," Reynolds said in a telephone interview. "When they try to increase their prices, they find that customers aren't willing to pay them."

> **It's an extremely competitive industry, and they have very price-resistant customers.**
> Joyce Reynolds

Food prices have been climbing in recent months with the cost of beef causing particular consternation.

According to Statistics Canada data released earlier this month, the price at slaughter for 100 pounds of Alberta beef rose to $192.80 in May. That's a 36 per cent jump from May 2014 and now stands as the highest price on record. StatsCan figures also suggest the surge is not limited to domestic meat products.

The May consumer price index found that overall food prices had jumped 3.8 per cent from where they stood a year earlier. The year-over-year spike covered all food products. THE CANADIAN PRESS

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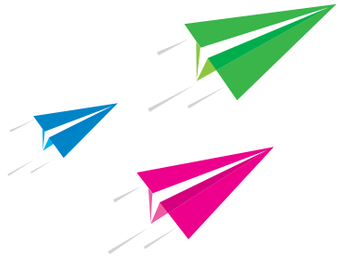

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Health-care protesters outside a meeting of Canada's premiers in St. John's, Thursday. ANDREW VAUGHAN/THE CANADIAN PRESS

Premiers to feds: Boost health funds

Canada's premiers are asking the federal government for more health-care funding, saying an increase would help transform the existing health-care system and offset the impact of an aging population.

A statement from Premier Paul Davis of Newfoundland and Labrador says the premiers are asking Ottawa to increase the Canada Health Transfer to cover at least 25 per cent of all health-care spending by the provinces and territories.

The statement released by Davis's office after Thursday's Council of the Federation meeting in St. John's says that each province and territory faces similar challenges, including increased overall health-care costs, a rising need for home and palliative care and support for "informal" caregivers.

"Premiers discussed the ... growing financial pressures population aging will have on their governments, particularly regarding health care," reads the statement. "These financial pressures reinforce the need for the federal government to increase its funding for health care."

An emailed statement from Health Minister Rona Ambrose's office says the Conservatives have transferred the highest amounts in history to the provinces and territories for health care and are on track to reach $40 billion annually by the end of the decade.

It says Ottawa will provide $27 billion for health care over the next five years, and health funding was being increased at a higher rate than the provinces were spending it.

Outside the meeting, a small demonstration called attention to medicare funding. Debbie Forward, president of the Registered Nurses Union of Newfoundland and Labrador, said the federal government is not paying its fair share for health care. THE CANADIAN PRESS

Astronauts dodge debris

SPACE STATION

Team seeks shelter from space junk in Soyuz capsule

A piece of space junk forced the three space station astronauts to seek emergency shelter Thursday.

For nearly an hour, the American and two Russians hunkered down in their Soyuz capsule, which is docked to the International Space Station, in case they had to make a quick getaway.

The fragment from an old Russian weather satellite ended up passing harmlessly, about 3 kilometres away.

"Happy there was no impact," NASA astronaut Scott Kelly said via Twitter. "Great co-ordination with international ground teams. Excellent training.''

It's only the fourth time in the 16-year history of the space station that a crew has had to rush into a Russian Soyuz for protection from potentially dangerous debris. The exact size of the object was unknown, according to a NASA spokesman.

Normally, NASA learns about incoming junk sooner, and the space station moves out of the way. But there wasn't time for that Thursday; the crew was notified just 1 1/2 hours in advance.

The three men were already up and working when Mission Control ordered them into the Soyuz on Thursday morning.

They did not need to put on their Soyuz flight suits, and there was no rush, said NASA spokesman Dan Huot.

Astronaut Scott Kelly sits in a Soyuz simulator at the Gagarin Cosmonaut Training Center in Star City, Russia, earlier this year. BILL INGALLS/NASA VIA THE ASSOCIATED PRESS

> **Happy there was no impact.**
> Scott Kelly
> via Twitter

The all-clear came 1 1/2 hours after the initial alert, around 8 a.m. It took the astronauts more than an hour to get their 400-kilometre-high home back to normal operation, following the "shelter in place,'' as NASA calls it. Research work that was interrupted will be rescheduled, according to Mission Control.

Kelly and his Russia roommates, Mikhail Kornienko and Gennady Padalka, are getting used to junk in their neighbourhood.

Twice since the trio arrived in March, the space station has had to dodge pieces of orbiting debris, in April and June. Three more men are due to arrive next week.

The last time a station crew had to jump into their Soyuz for protection was in 2012.

Space junk is at an all-time high because of all the clutter in orbit, the result of accidentally colliding spacecraft, exploding satellites and rocket stages, and deliberate run-ins ordered up as tests by China and the United States several years back. Just last February, a U.S. military meteorological satellite blew up, presumably because of a failed battery, scattering dozens of pieces of debris.

The Defence Department is currently tracking about 22,000 dead satellites, spent rocket bodies and all other forms of orbital debris.

These items are at least 10 centimetres across. NASA estimates there could be more than 500,000 smaller objects that could pack a dangerous punch to an orbiting craft like the space station.

Kelly and Kornienko are four months into a one-year space station mission.

It will be a record for NASA, but not for the Russians, who have a history of long space flights.

THE ASSOCIATED PRESS

COLORADO

Theatre shooter guilty

Colorado theatre shooter James Holmes was convicted Thursday in the chilling 2012 attack on defenceless moviegoers at a midnight Batman premiere after jurors swiftly rejected defence arguments that the former graduate student was insane and driven to murder by delusions.

The 27-year-old Holmes, who had been working toward his PhD in neuroscience, could get the death penalty for the massacre that left 12 people dead and dozens of others wounded.

The initial phase of Holmes' trial took 11 weeks, but it took jurors only about 12 hours to decide all 165 charges. They must now decide whether Holmes should pay with his life.

The verdict came almost three years after Holmes, dressed in body armour, slipped through the emergency exit of the theatre in suburban Denver and replaced the Hollywood violence of the movie The Dark Knight Rises with real human carnage.

The trial offered a rare glimpse into the mind of a mass shooter, as most are killed by police, kill themselves or plead guilty.

THE ASSOCIATED PRESS

UNITED AIRLINES

Hackers who find security holes get a million air miles

Two hackers have scored a million frequent-flier miles each on United Airlines for finding security holes in the airline's computer systems.

The awards were made under a security program that United started in May. Technology companies have offered so-called bug bounties, but they are unusual in the transportation industry.

United spokesman Luke Punzenberger said Thursday that two people have received the maximum award of 1 million miles each and others got smaller awards. A million miles is enough for several first-class trips to Asia or up to 20 round-trips in the U.S.

Punzenberger declined to say what kinds of flaws the hackers found but said their information had been turned over to company researchers. "We're confident that our systems are secure,'' he said.

United has suffered several major problems with technology systems since 2012, when it switched passenger-reservations and other systems over to those that had been used at its smaller merger partner, Continental Airlines. Last week, all United flights were briefly grounded and more than 1,000 delayed after one such breakdown, which the airline blamed on a faulty computer router. A smaller outage occurred in June.

Airlines "take all necessary precautions'' to keep customer data secure, and most if not all have internal programs that continuously check systems for intrusions, said Jean Medina, a spokeswoman for the industry trade group Airlines for America.

She said, however, that the group isn't aware of any other airline offering a bug bounty.

Bounties are common in the tech world. Companies use them to enlist so-called white-hat hackers with enough specialized skill to spot security gaps before cybercriminals use them to steal customer information or crash websites.

THE ASSOCIATED PRESS

BUG BOUNTIES

Chris Petersen, chief technology officer and co-founder of LogRhythm Inc., a Boulder, Colo.-based security intelligence company, said bug bounties are growing in popularity, as companies race to shut all the backdoors into their systems before the black-hat hackers find them.

But there just aren't that many people out there with the needed abilities. "It's very specialized and there aren't that many people (who) are very good at it,'' Petersen said. "Those that are, are very expensive to hire.'' THE ASSOCIATED PRESS

Bloggers Yevgeny Babenko, left, and Artyom Frantsuzov posed as a gay couple to demonstrate how Russians react to homosexuality in public. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

RUSSIA

Pair's 'gay' walk draws threats

Two Russian bloggers say they faced threats and violence when they walked through Moscow streets holding hands to gauge attitudes toward gays.

The men, who are straight and run a popular video blog, say they decided to use a hidden camera to record reactions in an "experiment" after a U.S. Supreme Court ruling recognizing same-sex marriage.

"We decided to check why people can walk holding hands over there without any problem, and what if we conduct such an experiment in Russia," said Yevgeny Babenko.

The two men walked hand-in-hand around Moscow for an hour, encountering verbal insults and outright violence.

On Red Square, the video showed two men shouting an anti-gay slur. Elsewhere, one man tried to push them off the pavement. The two men said they were shocked to discover the outright hostility on the streets of the Russian capital.

"This walk lasted just one hour," Artyom Frantsuzov said. "If a young couple walks like this every day, there will be consequences."

Gays face widespread discrimination in Russia, which passed a law in 2013 imposing fines for spreading "propaganda of nontraditional sexual relations" to minors.

THE ASSOCIATED PRESS

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Striking a balance

HEALTH

Poll says 40% of Canadians will work on their vacations

It appears a majority of working Canadians don't mind handling work-related matters on their own time — except during vacations, according to an online survey published Thursday.

The Randstad human-resources advisory firm says 59 per cent of the adult Canadian employees surveyed in April and May said they didn't mind some work outside of work time.

That number dropped to 40 per cent when it came to vacations, although Randstad says there was a big difference between the sexes — with men much more likely than women to say they choose to do work during their holidays.

It says 60 per cent of the men surveyed said they felt pressured by a boss to be available by email or phone while on vacation, compared with 45 per cent of the women surveyed.

Randstad Canada's Faith Tull says employers have a responsibility to help employees strike the right balance, which she says is essential to keeping them motivated and to avoid exhaustion.

"We need to encourage them to disconnect completely from time to time, and be careful as managers not to blur the lines between home and work," Tull says.

Randstad says its survey is conducted four times a year in 33 countries, with at least 400 interviews per country it covers. Respondents are aged 18 to 65 and work at least 24 hours per week in a paid job.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error. THE CANADIAN PRESS

E-COMMERCE AMAZON TURNS 20 Amazon CEO Jeff Bezos, along with his stuffed Pikachu Pokémon doll, discussing the company's expansion at a New York news conference in 1999. The company, which launched July 16, 1995, began as an online bookseller. But as it celebrates its 20th anniversary, the company has evolved into an e-commerce powerhouse, making $89 million in annual revenue. RICHARD DREW/THE ASSOCIATED PRESS

ONLINE SHOPPING

PayPal, eBay forecast the journey ahead

Once eBay and PayPal split up today, they'll face different challenges than they did as a combined company.

E-commerce company eBay first said in September 2014 it would split off its payments unit PayPal in order to focus on growing their profits individually.

As separate units, eBay faces stiff competition from Amazon and other online retailers that have gained market share from traditional brick-and-mortar stores.

On the other hand, online payment system PayPal, which had long been eBay's fastest-growing segment, will have to compete with mobile wallets like Apple, Android Pay and other online payment offerings.

In a call after the two units posted quarterly profits that topped Wall Street's expectations, PayPal President Dan Schulman and eBay President Devin Wenig each outlined their plans following the split:

eBay

EBay now is focusing on reinvigorating its marketplace business, which includes the e-commerce arm of eBay. It stumbled last year when it had to deal with a change in Google's algorithms that made eBay products come up in search results less often.

Wenig said the company is asking sellers to include more detailed descriptions in their product listings to help improve search results. Wenig said the company is also focusing on gaining traffic through social media: "Our absolute priority is to improve our competitiveness and drive more stable profitable growth over the long term," Wenig said.

PayPal

PayPal's goal going forward is to get more merchants to accept its payments in stores. It also wants PayPal users to pay with the service two or three times a week rather than two or three times a month. PayPal also plans to grow internationally via its acquisition of Xoom.

"We believe our technology platform, global reach can move PayPal from being an occasional transaction to being an integral part of consumers' financial lives," Schulman said. THE ASSOCIATED PRESS

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TRANSPORTATION

Business travellers favour Uber: Survey

Taxis are losing business travellers to ride-hailing services like Uber, a survey shows.

In the three months ending in June, Uber overtook taxis as the most expensed form of ground transportation, according to expense-management system provider Certify.

Uber accounted for 55 per cent of ground transportation receipts, compared with taxis at 43 per cent.

That's a big jump from just the beginning of the year. In the first quarter, Uber Technologies had 46 per cent of receipts tracked by Certify, compared with 53 per cent for taxis.

> **Travel providers will need to adapt quickly or face further market erosion.**
> Certify CEO Robert Neveu

"Established travel providers will need to adapt quickly or face further market share erosion to the sharing economy," Certify CEO Robert Neveu said in a statement.

Certify based its finding on the 28 million trip receipts its North American clients submit each year. It does not include receipts from business travellers whose companies use other services to track expenses.

Uber connects travellers with various cars through its smartphone app. Some drivers work for car service companies; others spend a few hours driving their personal cars on the side for some extra money.

Business travellers might be quickly moving toward Uber, but employers still have reservations about safety and liability.

Depending on the city, Uber drivers aren't necessarily regulated by government taxi licensing authorities.

In a few cities, Uber beat out taxis by a wide margin for business travellers. In its hometown of San Francisco, 79 per cent of rides expensed through Certify during the second quarter were for Uber. In Dallas, 60 per cent were for Uber, and 54 per cent in Los Angeles. Certify noted that it saw rental-car transactions drop at the same time. THE ASSOCIATED PRESS

IN BRIEF

Court rules against Bell; company loses bid to have 911 decision overturned

Bell Mobility Inc. has lost another bid to overturn a ruling that held it liable for charging customers in the northern territories a 911 fee without actually offering the emergency-call service.

In most of the Northwest Territories, the Yukon and Nunavut, there is no 911 service. Instead, a 911 call may be answered by a recorded message. But for several years, monthly bills carried a 75-cent charge, prompting a class-action lawsuit by subscribers. A trial judge ruled Bell Mobility breached its contractual obligations, a decision that was upheld by the appeal court. THE CANADIAN PRESS

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metro VIEWS

The journal Science praised B.C.'s efforts to track and treat HIV/AIDS but said the province should try preventative drugs for those at risk.

THE KOHLER REPORT: ON ARMPIT HAIR AND DOUBLE STANDARDS

What upsets me most about my uneasiness with pit fuzz is that I wasn't just being fastidious, I was being sexist.

You know that expression, "Hey, maybe you'll surprise yourself"? People usually use it in a positive way: "Don't be worried about that presentation on Friday; who knows, maybe you'll surprise yourself." I think we're always hoping to surprise ourselves. Too bad we can't do it with parties — if nothing else, it would make life less boring. But I recently surprised myself in a bad way when it came to my attention that the sight of female armpit hair, which is making a comeback, makes me squeamish.

Just to put my self-surprise into perspective: I like The Grateful Dead, I wear Birkenstocks and I have never once paid money to have any of my body hair removed from ... my body. (Okay, that's not true; I *once* paid to have my eyebrows threaded, which resulted in me looking frightened for two weeks.)

My point is, aside from some highlights, a mild-to-serious mascara addiction and a penchant for the Venus razor, I'm pretty low maintenance. Live and let live, grow and let grow! So why, upon seeing a few ladies in my neighborhood sporting underarm-growth, have I been, for lack of a better term, grossed out?

What upsets me most about my uneasiness with pit fuzz is that I realize now I wasn't just being fastidious, I was being sexist.

A few weeks ago, I was talking to some friends about a woman who works at my local coffee shop. She often wears tank tops and has hairy pits. I said to my friends, "I mean, I don't care if you grow out your pits, but like, if you work in a restaurant, wear sleeves." One of my friends suggested I only felt that way because it was a woman. I protested that NO, I'd think it was gross either way.

You can imagine my horror when my friend pointed out that for the past two hours we'd been attended by a male server, with hairy armpits, wearing a tank top. The only thought I'd had about him was that he kind of resembled a turtle. I had indeed *not* noticed his pit hair.

Side note: my sexism aside, if you work in a bar/restaurant/coffee shop, man or woman, and you haven't mowed recently, wear sleeves! Or at least little underarm hairnets. ("I ordered cherry pie, not hairy pie!")

I'm not going to beat myself up too much. A quick Google search will teach you that women started shaving their armpits around 1915, when sleeveless dresses were introduced. I grew up in a world where most women (at least in North America) shave(d) their armpits. So, while the "me" I know doesn't think women should feel the need to shave, it doesn't mean the sight of hairy pits won't be jarring at first. (The first time I saw skinny jeans, I threw up in my mouth. Now a boot cut makes my skin crawl.)

If women are in the process of knocking an unnecessary chore off our socially constructed to-do list, then I say go for it. I don't know if I'll jump on board right away (I have a giant box of razors I got at Costco, so ...), but I will definitely make an effort to get to the point where, upon seeing a bushy pit, I'll be saying things like, "You go, girl!" And eventually — as I did with Mr. Turtle — I won't even notice.

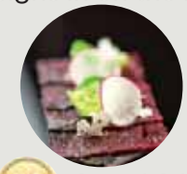
Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler

Happy face/Sad face

From **medical mishaps** to **culinary country foods,** Metro weighs in on the news making headlines this week

Baby boy who?

Parents-to-be who can't make up their minds often end up with their offspring temporarily named "baby boy Bartkowicz" or "baby girl Smith" during their hospital stay. That's a problem, says a study in the journal Pediatrics. Generic names increase the risk of mixing up pint-sized patients. Retract-and-reorders — an indication of medical error — decreased 36 per cent when distinctive names were used. All the more reason to get your child's name ready well in advance. SOURCE: NPR

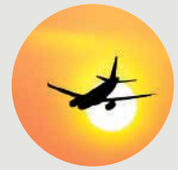


The Gwich'in gourmet

In a homecoming of sorts, Rich Francis, a renowned Northwest Territories-raised, Ontario-based chef from the Gwich'in First Nation, just finished a one-week residency in Iqaluit. He cooked a high-class meal with local ingredients (called country foods) to raise money for kids in need. His Northern delights included crispy Arctic char, maktaaq (whale blubber), red berries and Labrador tea. More than $6,000 was raised for a free breakfast program in Iqaluit schools. SOURCE: NUNATSIAQ ONLINE

Pay it forward (70 years)

A 95-year-old Jewish man who was rescued from Nazi-occupied Austria when he was a child is helping Syrian Christians escape the clutches of ISIL. Lord George Weidenfeld says he wants to repay his debt because Quakers and Irish evangelicals helped him escape to Britain in 1938. Weidenfeld paid for 150 Syrians from areas under attack by the terror group to be flown by private jet to safety in Poland. He hopes to help 2,000 in all. SOURCE: THE INDEPENDENT



Lights out for solar plane

The Swiss team trying to fly a fully solar-powered plane around the world is grounded for the rest of the year. Their Solar Impulse aircraft's batteries were damaged on the last leg of the journey from Japan to Hawaii, where the plane will likely stay until April 2016. Then, if all goes well, it will cross the American continent, the Atlantic and head back to Abu Dhabi, UAE, where the circumnavigation began in March. The first 7,200 km of the whirlwind world tour was completed in just 118 hours. SOURCE: BBC

metroview

How I satisfied my spiritual hunger with urban foraging

Mila Petkovic
Metro | Toronto

The wilderness of Toronto's High Park is my habitat, and this eager urbanite is on the hunt. With one swift flick of my pocket knife, I cut the red flower cluster of a staghorn sumac away from the branch and tuck it into my bag. "I must look strange," I chuckle to myself. Next stop: the mulberry tree.

What am I doing? Why, an action as old as time. Only now it has a 21st-century pet name: urban foraging.

Our built environment abounds with wild edibles. It has certainly changed the way I look at weeds and walk through the world. City parks, ravines, lawns and gardens hold the key to some of my favourite treats: blackberries, mint, lavender and even morel mushrooms at the right time of year. The sumac I harvested can be made into a tasty lemonade-like drink chock-full of vitamin C.

It all started when I decided to leave my full-time office job to pursue a freelance career. One side effect of this decision (besides financial uncertainty) is more time to do the things I love, including reconnecting with the life force that fuels my everyday existence: food.

Our industrialized food system delivers us goods in boxes from around the world. Many of us don't know what the sources of our foods look like (cashew trees anyone?) or whether they were sustainably grown. Food is literally medicine, but the grind of fast-paced modern life has many of us crunched for time and turning to microwave dinners containing unpronounceable ingredients for relief. Our natural connection to the ecosystems that sustain us is being destroyed, and we are left out of touch, disempowered and even sick.

Foraging, gardening, hitting up the farmers' market and even the simple act of preparing our own meals is a challenge to this paradigm, and consciousness is shifting. Urban agriculture projects and grassroots initiatives like Not Far From the Tree (a Toronto group that pairs up volunteer pickers with landowners and splits the harvest with food banks) are taking root. Organic, local and free range are the hot items in the food world now, though not everyone can afford them.

Perhaps it is a profound need to reconnect with the earth that drives me to forage. Maybe it's the sheer joy of discovering a ripe fruit or the tactile satisfaction of plucking it directly from the vine. Or better yet, the sense of community created by sharing a jar of homemade jam. It's true what they say: some of the best things in life are free.

Where's the line between art and porn? Visit metronews.ca to answer our poll and have your say.

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Justin Bieber developing "futuristic" sound for "very personal" new album

Amy Schumer, who co-wrote and stars in the film, cast friends and fellow comedians (including Bill Hader, pictured) to star alongside her in Trainwreck. HANDOUT

Amy Schumer's got the ticket

TRAINWRECK

Schumer creates great roles for great comedians

IN FOCUS
Richard Crouse

In Trainwreck, a new comedy directed by Judd Apatow, Amy Schumer plays a promiscuous New Yorker who finds love.

It's a side-splitting movie that will be Schumer's big-screen breakout, but the film is also populated by a very funny supporting cast, many of whom are Schumer's Manhattan comedy peers.

"I got to give my friends work," Schumer, who also wrote the script, says, "and they did great in it."

Colin Quinn and Dave Attell are two standups and friends who make big impressions in the film.

"I consider Colin to be like, in vampire terms, the maker," says Attell.

Quinn, a legendary comedian and former SNL Weekend Update anchor, co-stars as Amy's father, a cranky old man with an attitude and a possible drug problem.

"With actors, it's not about the lines, it's about the behaviour," says Quinn. "With us, it's just about the words. We love it, so if you come up with something funny and it's quiet behind the camera and they yell 'Cut' and everybody starts laughing, that's the best.

"In so many things it's not about the words, but in stand-up, it's all about the words, the order of the words. I feel more than any other art form, the audience matters so much. You have this contentious relationship with them, but they are so much a part of it. I feel like musicians get together and they jam with one each other. We need the crowd to jam. To rehearse."

Attell is a club veteran, best known for his TV show Insomniac with Dave Attell and dark-edged lines like, "You know, men and women are a lot alike in certain situations. Like when they're both on fire — they're exactly alike."

In the movie, he plays a homeless man who talks to Amy everyday.

"This is the character, of the four characters that I've ever played in movies, that is most like me," he says. "That's me in five years. That's me after the last season of Last Comic Standing, physically and emotionally.

"I've been in like, three other movies, and this movie was the most fun. You show up and they want you to riff around and you go for the jokes and you keep going until you feel you got it. I love that, especially for people who aren't classically trained actors."

You get the feeling that as much as these guys enjoyed making Trainwreck, they are more comfortable on a stage in front of a crowd than they are on a movie set. Both agree that hostile audiences fuel them creatively.

"When it's not going well, you still have to do the job and that's what makes it a job," says Attell. "That's also often when you come up with the most enlightening stuff, in the tough crowd moment."

Quinn may prefer live venues but according to Jimmy Fallon he may have more movie work coming his way. The Tonight Show host predicts an Oscar nomination for the comic's work in the film.

"Why not?" Quinn deadpans. "I wasn't expecting one but an Academy Award would not affect me now, because after I didn't get nominated for Grown Ups 2 I feel like it's a rigged game."

MOVIE RATINGS by Richard Crouse

Ant-Man	★★★★
Trainwreck	★★★★★
Mr. Holmes	★★★

HOW RATING WORKS

★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

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T.I. a Marvel to behold

PASSIONATE ARTIST

The actor and rapper works hard at both of his careers

Ned Ehrbar
Metro | Life

How many films does a guy have to do before people stop thinking of him as "just a rapper"?

Atlanta native T.I., who got his start in music, has been doing just fine in front of the camera since making his screen debut 10 years ago in ATL.

But sometimes some people still need to be reminded of that.

Maybe with his latest, Marvel's Ant-Man, he won't have to anymore.

Were you much of a comics fan in general before this project?
I had a fling. I kind of collected a lot of X-Men and Wolverine comics in the early '90s. I lost them, I lost the whole collection — like 35 books — and I was deflated. I just couldn't start over again. I just couldn't.

Before you got involved with this, how much had you heard about Ant-Man?
Not much. He isn't the best-known of the Marvel team, but that's great because now we can introduce him to the world — and get credit for it.

What was the first thing you thought when they explained him to you?
This script better be good (laughs).

The movie is actually very funny.
Sure. I mean, it's hard not to be with Paul. I don't think it was even written in the script to be as funny as it is. I think that the onscreen chemistry and the environment that was set kind of contributed to the amount of laughs that it gets.

It's been a decade since ATL, and you do plenty of acting. But do you still find yourself having to remind people that you're not just a rapper?
I commit myself to just about anything that I do and give a thousand per cent. I don't just fly by the seat of my pants doing stuff half-heartedly. And I think just reminding people that I'm a very passionate artist and performer in any genre, in any area — I mean, it's a pain in the ass, but from time to time you kind of have to.

So do you get any time to relax?
No, no. Heavens no. I have an album that I'm releasing, this film, still working on a script for ATL 2, trying to balance all of these things. These six children I got, they won't necessarily let me rest. If they would just stop growing and eating so much …

Versatile performer T.I. loved working with Paul Rudd in Marvel's Ant-Man. CONTRIBUTED

DIRECTOR Q&A

Peyton Reed on the magic of comic-book storytelling

"If you had told the 10-year-old me that I would be doing what I'm doing now, my head would have exploded," says Peyton Reed, director of the latest Marvel superhero movie Ant-Man.

The director, best known for making comedies like Yes Man and The Break Up, says he grew up obsessed with comics and movies.

Marvel comics played a major part in his comic-book consumption.

"The thing I loved about Marvel was Stan Lee's storytelling techniques and his editorial attitude. Those Marvel comics had a clear sensibility. They were really of the moment and had this attitude that was equal parts cocky and self-effacing.

"I loved it. They created these heroes who all had real world problems. Spider-Man was Spider-Man, but he could never get the girl in high school and he had to figure out how to make enough money to pay his rent."

RICHARD CROUSE/FOR METRO

FEMALE SUPERHERO

Lily makes mountain out of Ant-Man

Evangeline Lily has come a long way from nearly walking away from acting following her Lost experiences. "I made it quite publicly known that I wasn't sure if I had a future as an actress, if I wanted to pursue it beyond the show," she says. But she's made her peace with Hollywood — which is good, because her Ant-Man role may keep her busy for a while.

With all the talk about strong female characters and the need for female superheroes, do you feel like you get to be the future of that?
I would love to be. If Marvel presented me a platform that I could get up on and do that, that would be a very immense honour for me. I think it's fairly publicly known that I like to represent strong females and that it's important to me.

Have they talked to you at all about the future of the character and when she might show up again?
No, actually, they haven't. I'm still waiting to find out. There is this running joke within the company that all the Marvel women are always pregnant. Scarlett Johansson, Cobie Smulders, Zoe Saldana. Well, they all suddenly have job security. We're all suddenly in these multi-picture deals and we know there's another gig coming so we don't necessarily need to go out and look. I'm assuming and hoping that I'm going to get a call from Marvel sometime saying, "The movie was a hit, we want to make a sequel."

So the secret to being a successful working mother is having a deal with Marvel?
Exactly! That's all you need, and then you can sit back and relax. NED EHRBAR/METRO

TWO 4 ONE

Comedy keeps it real with trans issues

Steve Gow
For Metro

For Gavin Crawford, winning an ACTRA Award for his performance in the new movie Two 4 One may be only half as important as the role itself.

"Anything that represents a more realistic depiction of what people's lives are like is a good thing," said the former This Hour Has 22 Minutes star recently. "You want to see yourself represented in the culture and if you don't, it can be a pretty isolating place."

In the comedy, Crawford portrays a transgender person who accidentally becomes pregnant — a character that the 44-year-old actor is proud to say has been welcomed by the trans community for its accuracy and respectful representation.

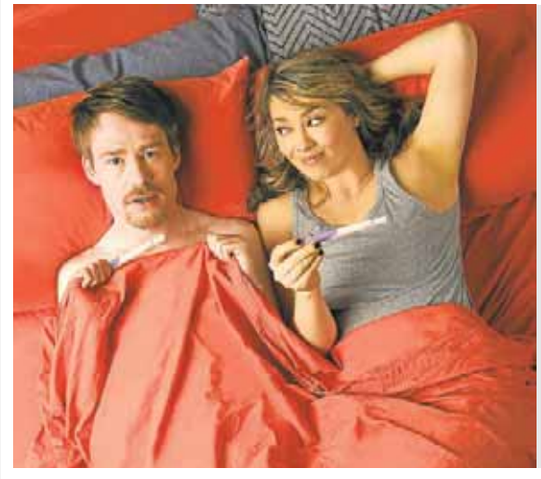
"The more real you can make something, the more funny it is," said Crawford, who admits he grew up without such cultural representation. "When I was 16 years old and living in southern Alberta, the only gay people you ever saw were the crazy freaks on Oprah so it was really hard to have a conversation with anybody and say that's not really what it's like."

Portraying a woman who is almost fully transitioned into a man also proved to be a physical challenge for Crawford — who, while gay, admits he certainly isn't "a voice for the trans community." Instead, Crawford was pleased to find no shortage of pioneers to study online.

"Thanks to the Internet in this day and age, you can watch 10 different people documenting (taking) testosterone for five months," admitted the actor. "Sometimes the people I was looking for inspiration were a lot more masculine than I am!"

While Crawford is proud of Two 4 One and the reasoned voice it's providing, he is still a bit guarded when it comes to the mass media's current embrace of Caitlyn Jenner.

"If it's starting a conversation, I think great," said Crawford. "(Everyone) should be treated with respect and live the way they want to live, but I'm also slightly dubious of anybody who makes their living solely from PR. Is that diplomatic enough?"



Two 4 One stars Gavin Crawford as a transgender man who accidentally becomes pregnant. HANDOUT

22 MINUTES OF FAME

On one-off versus extended roles:
Although Crawford's eight-year tenure at This Hour Has 22 Minutes ended in 2011, the actor still has fond memories of the series that made him a star.

"I miss being able to create many different characters every week and throw them out there," recalled Crawford. "But I also enjoy being able to play one character for more than one day so it's kind of a trade-off."

On his favorite 22 Minutes character:
"I always liked playing Mark Jackson," said Crawford of his nervous, acne-ridden teen correspondent character. "He comes from such an innocent place that its always fun to step into that skin because you can kind of get away with anything."

Now playing

ACTION & ADVENTURE

Ant-Man

Director: Peyton Reed
Starring: Paul Rudd, Michael Douglas

Armed with the astonishing ability to shrink in scale but increase in strength, master thief Scott Lang must embrace his inner-hero and help his mentor, Dr. Hank Pym, protect the secret behind his spectacular Ant-Man suit. The next evolution of the Marvel Cinematic Universe.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
78%	+98%

COMEDY

Trainwreck

Director: Judd Apatow
Starring: Amy Schumer, Bill Hader

Since she was a little girl, it's been drilled into Amy's head by her rascal of a dad that monogamy isn't realistic. Now a magazine writer, Amy lives by that credo — enjoying what she feels is an uninhibited life free from boring romantic commitment — but in actuality, she's kind of in a rut.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
94%	+96%

DRAMA

Mr. Holmes

Director: Bill Condon
Starring: Ian McKellen, Laura Linney

Mr. Holmes is a new twist on the world's most famous detective. 1947, an aging Sherlock Holmes revisits the circumstances of the unsolved case that forced him into retirement, and searches for answers to the mysteries of life and love — before it's too late.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
87%	+97%

DRAMA

Two 4 One

Director: Damon Gameau
Starring: Damon Gameau, Stephen Fry

When transgendered Adam helps his baby-crazy ex-girlfriend Miriam artificially inseminate, they wind up in bed together — and they both get pregnant. Now Adam must grapple with his identity, feelings for Miriam, and learn what it means to be a man.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
No reviews yet	No score yet

DRAMA

Jimmy's Hall

Director: Ken Loach
Starring: Barry Ward, Simone Kirby

In 1921 Jimmy Gralton's sin was to build a dance hall on a rural crossroads in an Ireland on the brink of Civil War. The Pearse-Connolly Hall was a place where young people could come to learn, to argue, to dream ... but above all to dance and have fun.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
74%	+59%

DRAMA

1001 Grams

Director: Bent Hamer
Starring: Ane Dahl Torp, Stein Winge

When Norwegian scientist Marie attends a seminar in Paris on the actual weight of a kilo, it is her own measurement of disappointment, grief and, not least, love that ends up on the scale.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
87%	53%

MOVIE NEWS

Julianne Moore to leave Can You Ever Forgive Me

Actress Julianne Moore has left director Nicole Holofcener's Can You Ever Forgive Me, citing creative differences, according to a report from Variety. Executives have begun the search for a replacement for Moore. The drama, co-starring Chris O'Dowd, was to begin shooting in one week. Moore will soon be appearing in the October drama Freeheld, and The Hunger Games: Mockingjay — Part 2 in November. AFP

Cody Walker lands his first major film role

Cody Walker, brother of the late Paul Walker (The Fast and Furious) has just landed his first significant role in a feature film directed by Mario Van Peebles. The Walker brothers Cody and Caleb stood in for their sibling Paul after his death in a car accident in 2013. Now, it has been announced that Cody has been selected for his first major role in USS Indianapolis: Men of Courage, a feature film based on a true story from the Second World War. AFP

THE TV DINNER JESSICA ALLEN

I can commit to the comedy of Amy Schumer who, coincidentally, plays a commitment-phobe in Trainwreck. But I couldn't commit to dinner

Everybody is talking about Amy Schumer. She's written and stars in her first feature film, Trainwreck, which opens Friday. And her Inside Amy Schumer TV sketches, from the Friday Night Lights parody of rape culture to the 12 Angry Men reenactment where a roundtable of men vote on the comic's sex appeal, seem to go viral once a week.

The chatter, however, isn't all cheerful: Like clockwork, the 34-year-old's comedy was placed under a sometimes excruciatingly exacting PC lens. Schumer, who has made a career out of making fun of thick-headed ideas — and the people who hold them — has recently been the subject of endless think pieces on whether or not she is a feminist. Some so entirely missed the mark that they read like a Schumer sketch.

More murky is the subject of race: After a writer for the Guardian suggested that Schumer has "a shockingly large blind spot around race," the comedian first defended herself on social media and then apologized: "I am evolving as an artist," she tweeted, "I am taking responsibility and hope I haven't hurt anyone."

Still, more think pieces followed, including one from the Washington Post titled: "Don't believe her defenders. Amy Schumer's jokes are racist." It was written by a woman who'd read the Guardian piece but had never actually seen any of Schumer's comedy — not one sketch or standup routine.

But Schumer appears to be taking the backlash in good stride: "It's nice to have a break from being called fat for a while," she recently told the New York Times.

But I worry it'll take a toll: As soon as a comedian worries about offending someone, the joke is on them — or maybe us.

THE PERSONALITY: Amy Schumer

THE MEAL: A little bit of everything

I can commit to the comedy of Schumer who, coincidentally, plays a commitment-phobe in Trainwreck. But I couldn't commit to dinner on Sunday night. Fish? Pasta? Pork chops, again? So I prepared what has become a regular standby: Take your favourite foods, some of which have no business being on the same plate, and call it a meal.

That meant grilling haloumi, garlic scapes and slices of baguette on the barbecue, mashing up avocado with Maldon salt and lemon juice, draping prosciutto onto a plate and tossing halved cherry tomatoes in olive oil. When I discovered half a bag of arugula in the fridge just before we ate, I was beside myself because now it was healthy.

But was it dinner? Sure. It was a little bit of everything, for everyone — which is what plenty of people want from Schumer. Only problem is, kowtowing to the masses isn't always funny.

Jessica Allen is the digital correspondent on CTV's The Social.

Twitter ranters no big deal: Judd Apatow

Q&A

The director talks writing and Schumer's humour

Ned Ehrbar
Metro | Life

Trainwreck director Judd Apatow with co-writer and star Amy Schumer, right. HANDOUT

Judd Apatow teamed up with Trainwreck co-writer and star Amy Schumer because of her unique comedic style, but that's been getting her in hot water lately. So where does Apatow stand? He'd say everyone should calm down, if anyone was actually upset.

There's been a lot of talk related to Amy lately about lines of appropriateness, and culture seems to be going in a very outrage-happy direction these days.

I think that people aren't any different now than they've ever been. It's just that the people who are concerned about such things have easier access to a platform to complain. Comedians should be able to make jokes about everything. As long as your heart's in the right place, you should be able to comment about everything that happens in life.

It does feel like we keep getting these 24-hour bursts of outrage, though.

I don't think anyone is outraged. I think, like, one blogger in his basement is outraged and makes a lot of noise so that they can get noticed, but I don't think people care that much about jokes.

Maybe it's just the illusion a limited Twitter feed can produce.

I just don't there's a huge outrage about anything. It's just the equivalent of if every single letter to CBS when All in the Family aired was in the paper. It's just that there's a way for those people to get noticed now. But I don't think there's any more of them than there has ever been and there's probably less.

You're also working on a Netflix series.

It's called Love, it'll be on next year. I guess you could call it a romantic comedy in slow motion. It's just a very deep exploration of an ordinary couple. It's fun to write things knowing that people are going to consume it quickly. Some people think my movies are long, so it might be better for me to have a five-hour series to work on (laughs).

> **Comedians should be able to make jokes about everything.**
> Judd Apatow

Does the potential for binge-watching change your approach as a writer?

I'm trying to just enjoy it and learn as I go. We are making it with the thought that people are going to watch it in two or three sittings.

Ian McKellen is shown in a scene from Mr. Holmes. EONE FILMS/ THE CANADIAN PRESS HANDOUT

CANADIAN EMMY CONTENDERS

McKellen faced his fears for new take on sleuth

Ian McKellen admits he had more than a few qualms about working with the tiny co-stars of his latest film, Mr. Holmes — a colony of honey bees.

The veteran actor says he initially balked at sharing the screen with the buzzing insects when he learned his character was an avid apiarist.

"It was the one thing I was tentative about and said — that I am not going to work with bees," says McKellen during a phone interview from London earlier this year, recalling a conversation with director Bill Condon.

"I thought there would be a way around it but Bill said, 'No. You have got to open that hive, pick up that frame, have a look at those bees and we'll film it.' So we did and I wasn't hurt, nor were any of the bees."

Playing old is relatively easy

Ian McKellen, 76, who portrays Sherlock Holmes from ages 60 to 93

The bees are a little-known element of the legendary Sherlock Holmes story, which picks up here after the 93-year-old detective has retired from sleuthing to relax at his remote seaside cottage and care for his honey bees.

The year is 1947 and Holmes finds himself grappling with creaking bones, a failing memory and lingering unease over the unsolved case that forced him into retirement.

His only company is a short-tempered housekeeper, played by Laura Linney, and her young son, Roger, played by Milo Parker.

The boy can't hide his fascination with the famous detective and is soon drawn into the aging man's quest to solve a final mystery.

The 76-year-old McKellen needed a fair bit of makeup to appear 93, but says faking those imagined aches and pains was easy. It was tougher to portray Holmes at age 60 in flashbacks, when his body was more spry and responsive. But the most challenging age? McKellen's own.

"It's difficult often playing your own age because you're not depending on any disguise — you are what you are and that can be much trickier," he says.

THE ASSOCIATED PRESS

Emilia Clarke, seen here in Game of Thrones, was nominated for an Emmy Award for outstanding supporting actress in a drama series for her role on the show. HBO/THE ASSOCIATED PRESS

GoT reigns with 24 Emmy nominations

TELEVISION

Nominations recognize diverse talent

The elaborate fantasy saga Game of Thrones received a leading 24 Emmy Awards nominations Thursday, its stature apparently untouched by backlash over a female character's rape scene.

The series is a contender again for top drama honours, an award that has eluded it since it debuted in 2011. TV academy voters rarely give shows in the sci-fi or other genres the ultimate accolade, with Lost among the rare exceptions.

The TV academy took a modest step toward recognizing TV's increasing embrace of diverse TV talent, giving best actress nods to black stars Taraji P. Henson for Empire and Viola Davis for How to Get Away with Murder.

"This is what it's supposed to be like. You should recognize actors and creative people in this industry from every level of all colours who do great work," Queen Latifah said.

Possible history-making win

The nominations set up the possibility of a history-making win: An African-American actress has never won the top drama acting award. "I gotta win! I gotta win for history!" an exuberant Henson said in May when asked about the prospect during an "Empire" panel.

However, two-time nominee Kerry Washington, the black star of Scandal, was left out this year.

Family comedy "black-ish" earned an acting bid for star Anthony Anderson, but failed to gain a best series nomination.

This is what it's supposed to be like. You should recognize actors and creative people in this industry from every level of all colours who do great work

Queen Latifah

Also snubbed: freshman hit hip-hop-family drama Empire, which was left out of the best drama series category, and series star Terrence Howard, who failed to get a best drama actor bid.

Instead, voters gave nods to favourites such as Mad Men star Jon Hamm, Kevin Spacey of House of Cards and newcomer Bob Odenkirk for Better Call Saul. The prequel to the now-concluded Breaking Bad earned a best drama bid in its first season out.

Gina Rodriguez, the standout Latina star of Jane the Virgin, failed to get a comedy acting nod despite winning a Golden Globe award for her performance.

The relatively expansive ethnic diversity that TV offers — compared to movies, which honoured only white actors this year — also is in play when it comes to sexuality. Transparent and Jeffrey Tambor's portrayal of a transsexual's life received best comedy series and acting bids.

THE ASSOCIATED PRESS

CANADIAN EMMY CONTENDERS

Maslany gets nod for Orphan Black

Kudos poured in from the Clone Club and celebrities alike on Thursday as Canadian Tatiana Maslany got her first Emmy Award nomination for her widely acclaimed performance on Orphan Black.

"Ahhhhhhh!!! #notsnubbed," fellow Emmy nominee Amy Schumer wrote to Maslany on Twitter, where the "Orphan Black" star was trending in the U.S.

The 29-year-old Regina native is up against some heavy hitters in the outstanding lead actress in a drama series category.

Her Emmy competition includes Taraji P. Henson for Empire, Claire Danes for Homeland, Robin Wright for House of Cards, Viola Davis for How to Get Away with Murder and Elisabeth Moss for Mad Men.

Maslany has earned legions of fans for portraying 10 clones with vastly different looks and personalities on the Space sci-fi hit, which also airs on BBC America.

Maslany was one of several Canadians nominated Thursday, with others including Semi Chellas, Jeremy Podeswa, Michael J. Fox and brothers Jeff and Mychael Danna.

Chellas, from Calgary, picked up her fifth Emmy nomination for Mad Men, in the best writing in a drama category. It's the fourth year in a row she earned a nomination.

Ahhhhhhh!!! #notsnubbed

Amy Schumer wrote to Tatiana Maslany on Twitter, where the Orphan Black star was trending in the U.S.

Toronto-born Podeswa is nominated in the best direction in a drama category for his work on Game of Thrones.

Edmonton native Fox is nominated in the best guest actor in a drama category for his role on The Good Wife.

The Danna brothers, who grew up in Toronto, are nominated for two awards for the pilot episode of Tyrant. They're up for the best music composition for a series and best theme music awards.

It's the second Emmy nomination for Jeff, and the third for Mychael, who won an Emmy in 2013 and won an Oscar for the Life of Pi score.

Homegrown show Degrassi also picked up a nomination for best children's program.

The Emmys will be handed out on Sept. 20.

THE CANADIAN PRESS

Tatiana Maslany picked up her first Emmy nomination as she was named in the best TV actress in a drama category for Ophan Black. NATHAN DENETTE/THE CANADIAN PRESS

metro TRAVEL
Your essential daily news

A Japanese mobile operator has launched free Wi-Fi on Mt. Fuji

Lessons from Manitoulin Island

A bird's-eye view of Gore Bay, on Manitoulin Island in Northern Ontario. ISTOCK

CANADA

First Nations experience is intimate and enlightening

ON THE MOVE
Loren Christie

Learning about foreign cultures is often part of people's travel experience. However, I am not so sure that when Canadians travel at home we are investing the same energy into discovering the cultures of our First Nations people.

A trip to Manitoulin Island earlier this summer made me realize those who do not work an element of aboriginal tourism into their vacation plans are missing out on something unique and wonderful.

Located in Northern Ontario, Manitoulin Island is a two-hour drive from Sudbury or a seven-hour journey from Toronto, including a ride aboard the MS Chi-Cheemaun ferry. When you arrive, you are aware that something is different here; Small towns are surrounded by rugged natural beauty, permeated by a slower pace of life and a friendly warmth. It seems like every bakery, restaurant or gas station is named after its owner, allowing for an immediate connection with the person serving you.

Eight First Nation communities, all part of the larger Anishinabe nation, inhabit the island and the Sagamok region, which extends onto the mainland to the north. Together they make up the Great Spirit Circle Trail, which is not really a trail, but rather a collection of attractions and activities offered to visitors, including a summer-long rotation of powwows.

The traditional powwows are a social and ceremonial celebration of life held over two days throughout the summer and are free of charge.

Why had I waited this long to experience a fascinating culture?

My Great Spirit experience started with a traditional smudging ceremony to bless our day, led by local Ojibwe guide Steven Antoine. During a canoe trip on Lake Mindemoya, he shared with me the lore of the land, which included the creation of the "grandmother" island in the middle of the lake.

After our time on the water, we went on a medicine walk, where I learned the healing properties of various plants as well as some practical tips; Cedar tea is delicious and white birch bark will remove sticky sap from your skin.

My favourite experience was Steven teaching me how to make my own drum out of deer hide. The drum, I learned, is the one common element among all First Nations people across Canada, representing the heartbeat of Mother Earth.

After a day of doing and learning, I felt slightly humbled, but more embarrassed — why had I waited this long to experience a fascinating culture that is an integral part of our country?

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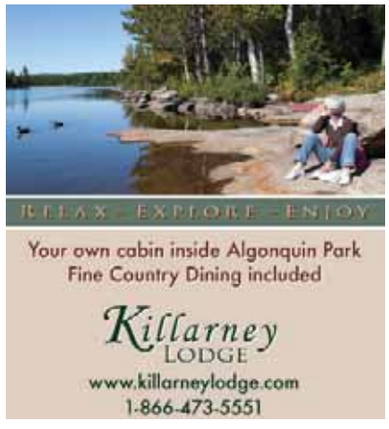

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5 COOL THINGS TO DO IN BERLIN

The history, the architecture, the incomparable rhythm of life. With one of the most varied cultural landscapes in all of Europe, Berlin almost vibrates with energy. **Doug Wallace** FOR METRO

Tiergarten beer garden. DOUG WALLACE

1 Visit a beer garden

The stereotyping is real: Beer-drinking on picnic tables is a national pastime. What's great about this tradition is both the simplicity and the inclusivity, with everyone from university kids to retirees hunkering down to plates of hearty fare, mugs in hand. Nowhere is that more evident than at Café am Neuen See in the heart of the Tiergarten Park, a romantic lakeside retreat in the middle of town — and one of the best spots to people-watch. CafeAmNeuenSee.de

Arena Berlin and Badeschiff floating pool bar. PHILIP KOSCHEL

2 Stay up late

Hip Berliners step out around midnight. The Kreuzberg area's Watergate nightclub, at the south end of the Oberbaum Bridge, has dance floors both inside and outside, with an amazing view of the River Spree. Be sure to do both sides of the river, crossing north into the Friedrichshain district to Revaler Street, which is teeming with clubs and bars. An outdoor concert at Arena Berlin in front the Badeschiff beach bar makes for a perfect summer night. VisitBerlin.de

The New Museum. DOUG WALLACE

The shops at Hackesche Höfe. DOUG WALLACE

Strandbad Wannsee. WOLFGANG SCHOLVIEN

3 Step back in time

While Berlin itself is very in tune with its past, Museum Island is really steeped in history. Much of this five-museum complex has been cleverly restored since the Second World War, and now houses centuries of priceless art and cultural artifacts. The New Museum holds Early History collections and Egyptian treasures, including the famous 3,300-year-old bust of Nefertiti, while the Pergamonmuseum features reconstructions of massive archeological structures. SMB.museum

4 Get some retail therapy

For shopping, head to the Kurfürstendamm, one of the most elegant boulevards in the city, lined with all the big-name shops. Rounding the corner onto Tauentzien Street, you'll soon hit the Kaufhaus des Westens (KaDeWe), the largest department store in Europe. Find time to also visit the Friedrichstrasse and the Hackesche Höfe, a series of interconnected courtyards north of the River Spree that date back to the early 1900s. Kurfuerstendamm.de, Friedrichstrasse.de, Hackesche-Hoefe.com.

5 Hit the beach

Almost one-third of Berlin is either parkland or water, so it would be a shame not to take advantage of it. Rent a bike and head southwest over to the Strandbad Wannsee on the eastern shore of Wannsee Lake, the largest inland beach in Europe at more than 1,000 metres long. Find waterslides, boat rentals, volleyball, soccer, trampolines and private cabanas. This Cultural Heritage site has been packing them in for more than 100 years — including the nude bathing section.

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The Reds' Aroldis Chapman has thrown 91 of the fastest 100 pitches in 2015, topping out at 103.92 mph

Mentor nets gold playing pupil

PAN AM 2015

Li tops doubles partner in all-Canadian singles final

They are training partners, doubles teammates and good friends. But when Markham's Michelle Li and Toronto's Rachel Honderich faced each other across a badminton net Thursday — a gold medal on the line — they were the fiercest of rivals.

That's a role they don't play particularly well; they just have too much respect for each other. At 23, Li is the veteran and was favoured going into the final at the Pan Am Centre in her hometown of Markham. Honderich, 19, was the underdog, and at their hotel the night before, kidded her mentor that she was going to tamper with Li's racquet.

Rachel Honderich TORSTAR NEWS SERVICE

"I said I was going to cut her strings," Honderich said with a laugh. She was also threatening to wake Li up in the middle of the night to deprive her of sleep.

"I joked about it," Honderich said, "but I didn't go through with it."

In the end, no clever shot — or practical joke — would keep Li from her second consecutive Pan Am Games gold singles medal.

In front of a packed and enthusiastic crowd of 1,000, Li shook off minor ankle and knee ailments to post a 21-15, 21-9 victory in 26 minutes to take the gold, as Honderich settled for silver.

"To be able to win that in front of my friends and family, and my teachers from elementary school who I haven't seen for 10 years, I think that makes it really special," Li said.

> **I did yell to pump myself up, but I try not to fist-pump against Rachel.**
> Michelle Li

There was no talk before the match about building competitive tension. The mentor and student — who together won a bronze in women's doubles earlier this week — even sat beside each other at breakfast.

"For each of our matches leading up to this, we're always there, warming up for each other, so we stuck to the same plan," Honderich said.

Coming into the final, Li carried a 3-0 margin in head-to-head matches. The last time they played each other was in the 2014 Pan American badminton championships in Markham, when Li swept to gold with 21-13, 21-16 victory.

Li and Honderich will now prepare for singles at the world badminton championships in Jarkarta, Indonesia, in August.

Honderich, Ottawa's Andrew D'Souza and the mixed team of Toronto's Alex Bruce and Vancouver's Toby Ng took silver on Thursday. There were also two bronze medals in women's doubles (semifinal losers are both awarded bronze, so along with Li and Honderich, Bruce and her partner Phyllis Chan also won medals).

TORSTAR NEWS SERVICE

Michelle Li lunges to hit a return to fellow Canadian Rachel Honderich during their singles final in Markham on Thursday. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Canadian sprint cyclists top podium

The Canadians men's and women's sprint teams took double gold in the first day of track cycling at the Cisco Milton Pan Am/Parapan Am Velodrome.

Hugo Barrette of Cap-aux-Meules, Que., Victoria's Evan Carey and Joseph Veloce of St. Catharines., Ont., edged Venezuela in 44.241 seconds in the men's race.

Kate O'Brien and Monique Sullivan topped Cuba in 33.959 seconds in the women's team sprint. THE CANADIAN PRESS

Hugo Barrette, front, Evan Carey and Joseph Veloce were victorious in the men's team sprint. EZRA SHAW/GETTY IMAGES

SWIMMING

U.S. team wins silver medal following protest

The United States had their freestyle relay silver medal reinstated after protesting their disqualification at the Pan American Games on Wednesday night, resulting in Canada being bumped down to bronze.

American Michael Weiss raced the men's 800-metre freestyle relay with tape wrapped around fingers he'd injured during the 200-metre freestyle earlier in the night. FINA rules state no tape can be worn unless approved the Sport Medicine Committee.

Brazil won gold. The Canadian team of Victoria's Ryan Cochrane and Jeremy Bagshaw, Stefan Milosevic of Burnaby, B.C., and Alec Page of Cortes Island, B.C., were bumped to the bronze medal. THE CANADIAN PRESS

DQ strips West Vancouver's Overholt of Games record

A Canadian was disqualified at the women's 400-metre individual medley final for a "non-simultaneous" wall touch.

Emily Overholt of West Vancouver, B.C., appeared to win gold in a Pan Am record time of four minutes 35.33 seconds but officials ruled that her hands did not touch the wall at the same time during the breaststroke turn.

Canada's Sydney Pickrem won a silver in the race in a time of 4:38.03.

THE CANADIAN PRESS

FIFA

Indicted official extradited to the U.S.

One of the seven FIFA officials arrested in Zurich as part of a corruption probe has been extradited to the United States, the Swiss Justice Ministry said Thursday.

The Federal Office of Justice said the man, whom it did not identify, was extradited on Wednesday after 50 days of detention in Switzerland.

"He was handed over to a three-man U.S. police escort in Zurich who accompanied him on the flight to New York," the ministry said in a statement.

The official agreed last week to be extradited, unlike six others who are fighting extradition.

The extradition hearings are being held by Zurich cantonal (state) police in a process expected to finish by early September, Swiss justice office spokesman Raphael Frei told the Associated Press on Thursday. Appeals to Switzerland's federal criminal court and supreme court can extend the cases by several months.

The extradited man is accused of "accepting bribes totalling millions of dollars in connection with the sale of marketing rights to various sports marketing firms and keeping the money for himself," the justice office said last week.

All seven men were arrested on May 27 in dawn raids on a luxury hotel in Zurich by Swiss federal police at the request of American federal agencies.

They include FIFA vice-president Jeffrey Webb of the Cayman Islands and former FIFA vice-president Eugenio Figueredo of Uruguay. Both have been suspended from football duty by FIFA's ethics committee.

A total of 14 men — nine football officials and five marketing executives — were indicted by the U.S. Department of Justice in May.

THE ASSOCIATED PRESS

SECRECY

FIFA's ethics committee wants to lift secrecy rules that protect accused officials from being identified and keep case details private.

Fighting back against rules imposed by FIFA's scandal-hit executive committee in 2012, ethics prosecutor Cornel Borbely and judge Joachim Eckert said Thursday that more openness would help curb offending.

Giovinco's mid-season form is raising eyebrows

MLS

TFC teammates 'in awe' of Atomic Ant's skill on the ball

The eye tattooed on the back of Sebastian Giovinco's neck is there for a reason. Toronto FC's star forward really does see everything on the field.

Midway through his debut MLS season, the 28-year-old Italian is on MVP pace. And wowing his teammates.

TFC midfielder Jonathan Osorio, on duty with the Canadian national team, watched from his hotel room Sunday as Giovinco scored the first hat trick in franchise history and terrorized the New York City FC defence in a wild 4-4 draw at Yankee Stadium.

"I was in awe," said Osorio.

"He's fun to watch even when you're on the field but to play with him is an honour," said Daniel Lovitz, who played fullback Sunday. "It's very special. It makes you more confident in what you're doing, knowing you have someone that's capable of putting the ball wherever he wants to and getting by whoever he needs to at any time."

The hat trick ball, encased in glass, was given to Giovinco by other people in," Toronto GM Tim Bezbatchenko says.

> **The biggest difference between here and Italy is that here you can have privacy and a private life.**
> Sebastian Giovinco

VALERIO PENNICINO/GETTY IMAGES

TFC midfielder Jonathan Osorio, on duty with the Canadian national team, watched from his hotel room Sunday as Giovinco scored the first hat trick in franchise history and terrorized the New York City FC defence in a wild 4-4 draw at Yankee Stadium.

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Toronto coach Greg Vanney has plenty of game plans. But giving the ball to Giovinco has been the most effective strategy.

The Italian has scored or assisted on 73 per cent of TFC's 26 league goals. He has accounted for 42 per cent of Toronto's 232 shots and 51 per cent of its 83 shots on target.

TFC would be well-served to encase the Italian in bubble wrap when he is not playing.

Giovinco is enjoying life in Canada on and off the field.

"If I went back (in time), I would make the same decision — to come here, to live in Toronto, to play for Toronto FC and in MLS," he told The Canadian Press through an interpreter.

Toronto celebrates the player known as the Atomic Ant on Saturday, handing out T-shirts to the first 10,000 fans at the game against the visiting Philadelphia Union.

THE CANADIAN PRESS

DEFENDER OUT

TFC's Nick Hagglund is recovering from having his appendix removed on Wednesday night.

"We're hoping that he has a quick recovery and we'll see him soon," Vanney said after practice Thursday.

Sebastian Giovinco sits second in MLS with 11 goals and eight assists in 17 matches played. VAUGHN RIDLEY/GETTY IMAGES

NHL

Ribeiro settles sex assault lawsuit

Predators centre Mike Ribeiro and his wife have settled a lawsuit in which their nanny accused the player of sexual assault.

An arbitrator met July 6 for eight hours before settling the lawsuit. His report was entered Wednesday in the Eastern District of the U.S. District Court in Texas.

The settlement came as an amended complaint was filed June 18 providing more details to her lawsuit. The complaint detailed allegations of an assault in August 2012 when the then-18-year-old woman helped the Ribeiro family settle into their new home in McLean, Va., after working as their babysitter for six years while he played for the Dallas Stars.

Mike Ribeiro
GETTY IMAGES

THE ASSOCIATED PRESS

NBA IN BRIEF

Barea's deal given a boost

The Dallas Mavericks have re-signed point guard J.J. Barea, who will back up Deron Williams.

Barea signed a four-year, $16-million contract. He originally agreed to a two-year deal at less than $6 million, but Dallas had more money under the salary cap without the max contract of four years and $80 million for DeAndre Jordan, who backed out on a deal and re-signed with the Los Angeles Clippers. THE ASSOCIATED PRESS

TOUR DE FRANCE

Froome still leads after the Pyrenees

One mountain range completed, one more to go.

Only the Alps loom as the last major obstacle between Chris Froome and a second Tour de France victory in Paris.

His rivals tried and failed to make the British rider and his super-strong Sky team wilt on the last day of climbing in the Pyrenees on Thursday, on Stage 12 won by Joaquim Rodriguez of Spain, who gritted his teeth in driving rain on the final climb for his second stage win.

Chris Froome
GETTY IMAGES

"There are only a certain amount of opportunities before we get to Paris," Froome said. "We've just got to expect everything to be thrown at us."

But to get to the 2013 champion, Froome's rivals must first get past his teammates. And that is a problem. THE ASSOCIATED PRESS

Spieth, Johnson lock horns again

BRITISH OPEN

Jordan two off leader Dustin in repeat of U.S Open battle

Americans Dustin Johnson and Jordan Spieth, paired together for the first round, are again in a duel in the early stages of the year's third major. Johnson missed a putt to hand Spieth the US Open title in June. STREETER LECKA/GETTY IMAGES

Johnson tees off on the second hole during the first round at St. Andrews. The athletic American has been out-hitting Spieth off the tee by 36 yards. ANDREW REDINGTON/GETTY IMAGES

Jordan Spieth played like he had a Grand Slam to win. Dustin Johnson played like he had a score to settle.

The two main characters from Chambers Bay brought their games across eight time zones and an ocean Thursday and set the tone at St. Andrews for what could be another riveting battle at the British Open.

Spieth quickly seized on his opportunity for a third straight major with six birdies in his first 11 holes, fought through a chilly wind on the inward nine and closed with a birdie for a 5-under 67 that put him two shots out of the lead.

Johnson, whose three-putt from 12 feet on the final hole cost him a shot at the U.S. Open, looked as daunting as ever. He simply overpowered the Old Course with such force that he hit wedge into 10 of the par 4s and had an eagle putt on another. With a pair of big par saves on the tough closing holes, he played bogey-free for a 65 and for at least a day made good on a warning he made earlier in the week.

65

Leader Dustin Johnson's score after a bogey-free first round on the old course

Asked about Spieth's chances to sweep the four majors, Johnson said, "Well, I'm playing the next two so we'll have to see."

This was hardly a two-man show. The six players who were one shot behind at 66 included former British Open champion Paul Lawrie and two-time U.S. Open champion Retief Goosen. Jason Day, coming off his scary bout with vertigo symptoms at the U.S. Open, was back on his feet and back in the hunt. Most impressive from that group were Zach Johnson and Danny Willett, who posted their scores as the temperature dropped and wind stiffened late in the afternoon.

Spieth was joined at 67 by Louis Oosthuizen, the last Open champion at St. Andrews.

"If D.J. keeps driving it the way he is, then I'm going to have to play my best golf to have a chance," Spieth said. The real test might come from the weather.

Spieth and Johnson got a break by playing in the morning when St. Andrews was ripe for scoring — 10 of the top 12 scores came from that side of the draw. That didn't help Tiger Woods, who hit into the Swilcan Burn on the opening hole, made only one birdie and shot 76.

"Guys have been shooting good numbers," said Woods, a two-time Open champion at St. Andrews. "Unfortunately I did not do that." Instead, he was headed for a missed cut for the third time in his last four majors.

The afternoon wave suffered in chill and wind so strong that Phil Mickelson hit driver and 3-wood and didn't reach the 465-yard 13th hole. He said he had to hit 5-iron for his third shot on the par-5 14th. Johnson was pin-high with a 3-wood in the morning. Mickelson made only one bogey on the back nine and shot 70. He called the conditions "fun," though his smile might not last if the morning group doesn't face the same conditions.

The first 26 groups had an average score of 71.46. The last 26 groups averaged 72.62.

> **If D.J. (Dustin Johnson) keeps driving it the way he is, then I'm going to have to play my best golf to have a chance.**
>
> American Jordan Spieth on his British Open and Grand Slam chances

Rickie Fowler, coming off a victory in the Scottish Open, said the final seven holes was "hanging on for dear life." He made two bogeys, one eagle and 15 pars for a 72.

The forecast was for rain early Friday and wind calming as it clears, followed by stronger gusts in the afternoon. Saturday could have gusts approaching 40 mph. Spieth already has shown at the Masters and U.S. Open that power isn't everything. And while he laid back on several holes — Johnson's tee shots were on average 36 yards longer — Spieth can score.

He birdied four of the first six holes with putts inside 12 feet and took a share of the lead with a 10-foot putt on the par-3 11th. His main mistake came in bunkers. Not many can appreciate the route Spieth is taking. Only five other players since 1934 have won the first two majors of the year. Only Ben Hogan has won the Masters, U.S. Open and British Open in the same year. No one has won all four.

The key for Spieth in the first round was to stay close, and that's what he did — not in driving distance, but by score, which ultimately is all that matters.

THE ASSOCIATED PRESS

HARDEST HOLE

The Road Hole, the 17th, was by far the toughest hole on the Old Course, playing closer to a par 5 than a par 4. No one made a birdie on the hole, but Dustin Johnson was one of 53 players who managed to make par on his way to the first-round lead.

UFC

Kindred spirit Tyson visits Rousey ahead of match in Rio

UFC fighter Ronda Rousey and former boxer Mike Tyson share a light moment after her workout at Glendale Fighting Club on Wednesday in California. JAE C. HONG/THE ASSOCIATED PRESS

Moments after Mike Tyson stepped into the Glendale Fighting Club, Ronda Rousey grabbed her judo coach and abruptly flung him onto the canvas with an enormous bang.

This training violence unsettled Iron Mike, whose eyes widened in awe while Rousey repeatedly hip-tossed Justin Flores with the same brute skill. The former heavyweight champion finally spoke up. "It just doesn't look fun no more," Tyson said with a smile. "It's fun for me," Rousey replied from the cage. "I don't know about him."

Tyson once dominated boxing in much the same way Rousey dominates mixed martial arts, overwhelming every opponent in their paths with a mixture of pre-fight intimidation, hard-earned skill and unstoppable force. Dana White realizes the comparison is inexact, but the UFC president believes no other athletes in the so-called combat sports have separated themselves from their competition more than Tyson and Rousey over the past 30 years.

"These are two of the greatest to ever walk the planet in their sports," White said. "Not many people in the world can relate to that."

Although the 49-year-old Tyson is years removed from any interest in competition, he saw shades of himself in the UFC's most authoritative champion.

"Ronda, she's a lady. Polite, kind, sweet and adorable," Tyson said. "But her whole barometer is, she's a killer. She has that killer aura. That's exciting before the fight even starts. I think of myself when I watch her."

> **These are two of the greatest to ever walk the planet in their sports.**
>
> UFC president Dana White

Rousey replied with a compliment of her own for the boxing legend. "It's very humbling, and I was just honoured that he would go through the trouble or go out of his way to watch me train."

Rousey (11-0) is the only women's bantamweight champion in the UFC's history, and the two-time U.S. Olympic judoka has dominated her new sport. She is heavily favoured to win her next bout against Bethe Correia at UFC 190 in Rio de Janeiro on Aug. 1, but that hasn't stopped it from becoming one of the most attractive pay-per-view fights of the year, according to White.

Rousey has promised to make her next fight painful for Correia, the trash-talking Brazilian who has mentioned Rousey's late father in her pre-fight taunts.

THE CANADIAN PRESS

The Yankees' Brian McCann slides home safely past Red Sox catcher Ryan Hanigan on April 12 in New York. Just 6-1/2 games separate first-place New York and last-place Boston in the American League East. ELSA/GETTY IMAGES

Parity reigns halfway through MLB season

BASEBALL

Nearly every team has a chance to reach playoffs

Clayton Kershaw looks around the major leagues and sees opponents convinced they can reach the playoffs.

"It's just a matter of everybody beating up on everybody," the Los Angeles Dodgers pitcher said. "We want everybody to feel like they're in it."

It's the year of parity in the major leagues, when almost no one has managed to break away from the pack or fall way behind. Kershaw, a three-time Cy Young Award winner and the reigning NL MVP, has a won-lost record reflecting the parity — he's 6-6.

Every team in the American League reached the all-star break with a .450 winning percentage or higher. It's the first time an entire league did that since 1944, according to STATS, and many rosters that season were depleted of stars because of the Second World War.

"It's fantastic to see," Pittsburgh pitcher Gerrit Cole said. "All the teams at .500 all think they're going to finish over .500, and all the teams that are over .500, and even us, we're always fretting, looking behind our back."

> **"It just shows that there's not really that a monopoly of a franchise right now.**
>
> Orioles closer Zach Britton

Boston headed to the all-star break in last place yet just 6-1/2 games from first — only the second time since division play began in 1969 the AL East spread was that close. The first-to-last gap has been that narrow in any division just nine times overall in the expansion era, STATS said.

"We're at the bottom of the barrel right now, but we're not that far out," Red Sox all-star Brock Holt said. "It's just about going out and taking care of our business, and the standings will kind of take care of themselves towards the end of the year.

Oakland has the worst record in the AL but at 41-50 is just 8-1/2 games behind the West-leading Los Angeles Angels. While last in the AL Central, the Chicago White Sox are 41-45 and only 5-1/2 games out for the AL's second wild card.

"We have an unbelievable level of competitive balance," new baseball commissioner Rob Manfred said. "When I look at the standings, I think we're in for one heck of a ride in the second half of the season."

There is a little more spread in the NL, where the St. Louis Cardinals have the major leagues' best record at 56-33 and Philadelphia owns the worst at 29-62. Other than the Phillies, Miami and Milwaukee, every team is within single-digit games back of a playoff berth.

Increased revenue sharing, the luxury tax on payrolls and restraints on amateur signing bonuses have helped more teams become competitive.

While the Dodgers opened the season with a payroll of nearly $273 million for their 40-man roster, according to Major League Baseball's calculations, there was a huge dropoff after that to the Yankees at $220 million and Boston at $187 million. Six teams were at $140 million to $175 million, seven at $120 million to $125 million, and six more above $100 million.

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RECIPE Chocolate Chip Cookie "Pizza"

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Rose Reisman
rosereisman.com
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This is the most entertaining way to enjoy a classic cookie recipe! Serves 12.

Ready in
Prep time: 5 minutes
Cook time: 20 minutes

Ingredients
- 1/4 cup vegetable oil
- 1/3 cup brown sugar
- 1/3 cup white sugar
- 1 egg
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1 cup all-purpose flour
- 1/2 cup semisweet chocolate chips
- 1/2 cup raisins or dried cranberries

Garnish
3 Tbsp semisweet chocolate chips
Icing sugar

Directions

1. Preheat oven to 350 F. Spray a 10" oven safe skillet with vegetable oil.

2. In a bowl, add oil, both sugars, egg and vanilla until well mixed. Add remaining ingredients, except for garnishes and mix until flour is incorporated. Spread evenly into skillet and bake for 20-25 minutes. The longer you bake, the crisper the texture.

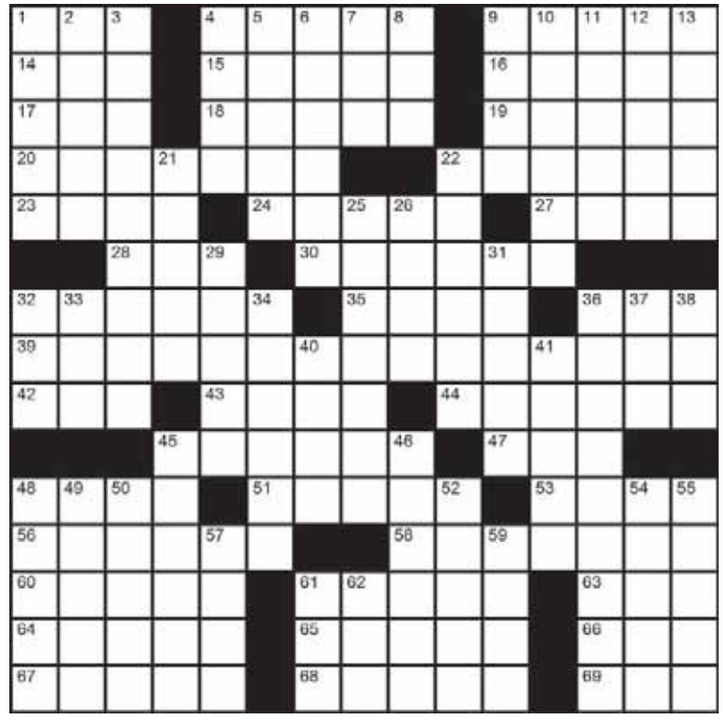
3. In a microwaveable bowl, melt remaining chocolate on medium heat in microwave for 30 seconds or just until chocolate begins to melt. Drizzle over top of cookie and dust with icing sugar.

Nutrition per serving
- Calories 200
- Protein 2 g
- Carbohydrates 30 g
- Fat 8 g
- Saturated fat 2.5 g
- Cholesterol 20 mg
- Sodium 65 mg
- Fibre 1 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Orlando's li'l state
4. Social customs
9. __ of 2015
14. Towel holder
15. Sporty rock concert venue
16. Major artery
17. In the past
18. Straight-__
19. Carbonated beverages
20. As per #39-Across... Matthew Cuthbert's sister
22. Cakes creators
23. Barenaked Ladies song
24. Wet with a gardening hose
27. Like ballpoints
28. Super __ (Old video game console by Nintendo, commonly)
30. __ __ an idea (Persuade about a course of action, for example)
32. "...pain, __ __." (Bodybuilder's mantra)
35. "__ __ I say, not..."
36. Neg. opposite
39. Montreal-born "Anne of Green Gables" actress who played the character at #20-Across: 2 wds.
42. Demure
43. Merriment
44. Gown and cap wearer
45. Do additional lawn work
47. Barley bristle
48. Sole spot
51. Root used in perfumes
53. Bounced-back sound
56. Scottish pattern
58. Beverage in Anne of Green Gables, Raspberry __
60. Prognosticate
61. Competently
63. A.A. Milne play, Mr. __ Passes By
64. Gawk
65. Particular purple
66. "Much __ About Nothing" (1993)
67. Reddish-brown hair rinse
68. Pinnacles
69. __ Vegas

DOWN
1. Painting border
2. Mount in the Yukon, Canada's highest
3. In a highly cherished manner
4. West Edmonton __
5. Verbal tests
6. Briefly summarizes
7. Opposite WSW
8. Unhappy
9. __ Loma, Toronto attraction
10. Check up on/take a peek: 2 wds.
11. "Insensitive" singer Jann
12. Barren
13. Cheeky
21. Pretty perfect
22. Community regulations regarding fences, pools, trees, etc.
25. Alberta city: 2 wds.
26. "Wake Me Up" singer Mr. Blacc
29. Warfare attack
31. Ice Cube, aka __ Jackson
32. _ _ _-1701 (U.S.S. Enterprise marking)
33. Ghost's sound!
34. Mr. Mandela
36. School bigwig
37. Bear, in Barcelona
38. Gibraltar, e.g.
40. __-do-well
41. Not married
45. Bring back
46. Declaration
48. Cache
49. Fashion: __ couture
50. Hockey game instrument
52. Crack
54. __ Gwaii (Queen Charlotte Islands, now)
55. Edward James __, "Battlestar Galactica" star
57. Domain
59. Deli loaves
61. Grammy competitor, commonly
62. BC's li'l ocean

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
What you want to do and what you have to do will be two different things today, but there is no point getting annoyed because others have the upper hand. It won't be long before the roles are reversed.

Taurus April 21 - May 21
Your reputation seems to be heading south in some people's eyes. What have you done to turn them against you? Probably no more than to tell the truth about something they feel strongly about.

Gemini May 22 - June 21
You will find it exceedingly easy to guess what people are planning over the next 24 hours. Add to that the promptings of your inner voice and you can't go wrong.

Cancer June 22 - July 23
It may feel as if time is running out, that if you don't make a move soon you will miss out on an opportunity. But the planets urge you to be aware there are no shortcuts to success.

Leo July 24 - Aug. 23
Things that made no sense to you at all a short while ago will make perfect sense today and over the weekend and by the time the Sun moves in your favor on the 23rd you will wonder why you found it so hard to get your head in gear.

Virgo Aug. 24 - Sept. 23
By all means help a friend if they are in trouble today but don't cover up for them. The most important thing now is that they come clean about their mistakes.

Libra Sept. 24 - Oct. 23
There is still time to do something dramatic, something that impresses those in positions of power, so get to it. You may not want to be the centre of attention but it goes with the territory.

Scorpio Oct. 24 - Nov. 22
The planets warn that certain people will try to bully you into abandoning ideas and opinions that mean a lot to you — and you must fight them every inch of the way.

Sagittarius Nov. 23 - Dec. 21
Today's events will manoeuvre you in a direction you are not sure you want to go. According to the planets it is not only the right thing for you but, deep down, you know it is too, so don't fight it too hard.

Capricorn Dec. 22 - Jan. 20
Your needs and desires have not been satisfied to any great extent in recent weeks but be of good cheer. In a matter of days you will get the chance to make up for lost time. Today though you should let others have their own way.

Aquarius Jan. 21 - Feb. 19
One day soon you will look back and laugh at the things you allowed yourself to get worked up about. That day will come quicker if you refuse to give in to the emotional side of your nature.

Pisces Feb. 20 - March 20
The Sun remains in the most creative and dynamic area of your chart only until the 23rd, so there is still time to do something amazing but you have got to be quick.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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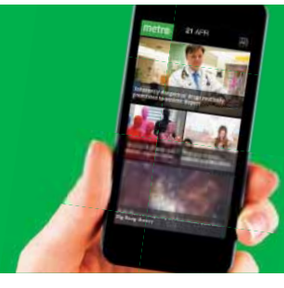

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